

FRUIT



Adults need 1.5-2.5 cups of fruit daily

VARIETIES

Melons

- Cantaloupe
- Watermelon
- Honeydew

Berries

- Strawberries
- Blackberries
- Blueberries
- Raspberries

Citrus

- Grapefruit
- Oranges
- Limes
- Lemons

Drupes

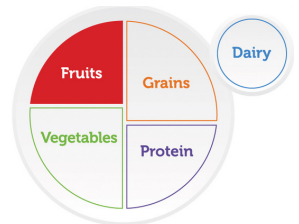
- Peaches
- Plums
- Cherries
- Mangoes

Cores

- Apples
- Pears

Tropical

- Papaya
- Guava
- Bananas
- Starfruit
- Lychee



NUTRIENTS

- Complex carbohydrates
- Fiber
- Vitamin C
- Potassium
- Folate

FORMS

- Fresh
- Canned
- Frozen
- Dried
- Juice