**Fruits**

**CARBOHYDRATES:**
Provide quick energy

**VITAMINS:**
Get your A, B, Cs
A for eyes and skin
B for energy
C for cells, skin and teeth

**FIBER:**
Keeps you full

**WATER:**
Keeps you hydrated

**PORTION SIZE**
1 medium piece of whole fruit
(about the size of a tennis ball)

1/2 cup canned fruit (juice packed)

3/4 cup fresh fruit

2 Tbsp dried fruit

1/2 cup 100% fruit juice

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**BEST BETS**
- Apple
- Cherries
- Lychees
- Raspberries
- Strawberries
- Watermelon
- Apricots
- Clementine
- Mango
- Nectarine
- Orange
- Grapes
- Kiwi
- Blueberries
- Blackberries
- Nectarine
- Pineapple
- Lime
- Pear
- Plum
- Limes
- Peaches

**Watch for Added Sugar!**
- Choose whole fruit more often than dried fruit or canned fruit in syrup.
- Aim for ≤ 6 oz 100% fruit juice daily.
### FOOD GROUP FACTS

**FIBER:**
Keeps you full

**MINERALS:**
Potassium for a healthy heart
Calcium and Magnesium for bones and teeth

**VITAMINS:**
Get your A, B, Cs
A for eyes and skin
B for energy
C for cells, skin and teeth

### PORTION SIZE

<table>
<thead>
<tr>
<th>Fraction</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup</td>
<td>cooked veggies</td>
</tr>
<tr>
<td>1 cup</td>
<td>raw veggies</td>
</tr>
<tr>
<td>2 cups</td>
<td>raw leafy veggies</td>
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</tbody>
</table>

### BEST BETS

- Radish
- Tomato
- Butternut squash
- Carrot
- Pepper
- Squash
- Yellow onion
- Yellow pepper
- Wax beans
- Asparagus
- Bok choy
- Broccoli
- Green beans
- Leafy greens
- Snow peas
- Beets
- Cabbage
- Chinese eggplant
- Cauliflower
- Garlic
- Mushrooms
- Onion

### BALANCED MEALS & SNACKS

**BREAKFAST**

- Saute red peppers and onions in olive oil. Add eggs and 2% cheese for a veggie omelet.

**LUNCH**

- Make a salad of mixed greens, chopped veggies, tofu and light dressing. Serve with a toasted 100% whole wheat pita.

**SNACK**

- Dip raw veggie sticks in hummus or black bean dip.

**DINNER**

- Stir fry veggies with chicken in peanut oil and serve over brown rice.

### WATCH FOR SODIUM IN CANNED VEGETABLES. RINSE WELL BEFORE ENJOYING.

- Remember, some “veggies” like corn and potatoes are really grains and starches.