

FOOD GROUP FACTS

**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

BALANCED MEALS & SNACKS

BREAKFAST



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Add sliced peaches and chopped nuts to high fiber whole grain cereal with 1% milk.

LUNCH



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Fruit makes a tasty side to any salad or sandwich.

SNACK



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Fruit and cheese go great together.

DINNER



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Layer fresh or frozen berries with plain Greek yogurt and chopped nuts for a sweet, smooth, crunchy finish to your dinner.

PORTION SIZE

- 1 medium piece of whole fruit (about the size of a tennis ball)
- ½ cup canned fruit (juice packed)
- ¾ cup fresh fruit
- 2 Tbsp dried fruit
- ½ cup 100% fruit juice

BEST BETS

Fresh or frozen, eating the fruit rainbow gives you the vitamins and minerals your body needs.

- Apple
- Apricots
- Banana
- Grapes
- Blackberries
- Cherries
- Clementine
- Lemon
- Kiwi
- Blueberries
- Lychees
- Mango
- Pineapple
- Lime
- Plum
- Raspberries
- Nectarine
- Pear
- Strawberries
- Orange
- Watermelon
- Peach

**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.



