

Eating Fruit the Healthy "Weigh"

There's every reason in the world to eat fruit - health, taste and beautiful colors. In fact, color is a great way to choose produce. By eating a rainbow of fruits (and veggies), you'll get a healthy dose of all the phytonutrients you need to fight disease and stay strong!

1. Eat RED fruit

Red fruits, like **strawberries, raspberries, cherries, watermelon** and **ruby grapefruit**, contain lycopene - a potent cancer-fighting phytonutrient. And, it's easy to work toward your **5 a Day** servings - cup of fresh, frozen, or canned fruit equals a serving.

2. Eat WHITE fruit

Even fruits that are white inside - like **bananas, apples** and **pears** - offer nutrients that your body craves: potassium, phytonutrients and more fiber. And, there's more good nutrition news - dried fruit counts toward your **5 a Day** (cup equals a serving).

3. Eat BLUE fruit

Blueberries are one of the richest sources of disease-fighting antioxidants in the produce department. Fresh, frozen, canned and even dried - sprinkle them on cereal, add them to pancakes, toss them in salads or just enjoy them as a yummy **5 a Day** snack.

4. Eat GREEN fruit

Green comes in a variety of delicious fruit flavors, like **green grapes, honeydew melon** and **kiwis**. These versatile fruits are high in vitamin C - and they also provide potassium and more fiber. One regular kiwi equals a **5 a Day** serving, as do most medium fruits.

5. Eat YELLOW fruit

Golden **pineapple** is probably America's favorite yellow fruit. Fresh or canned in its own juice - pineapple is a nutrition favorite too. Just cup equals a **5 a Day** serving - and packs a healthy punch of vitamin C (and some fiber too).

6. Eat ORANGE fruit

Oranges are an obvious choice - but there are also **apricots, peaches, mangoes** and **cantaloupes**. Whole fruits have significantly more benefits than juice (like fiber) - but 6 oz. of 100% fruit juice can also count towards one of your **5 a Day** servings.



National Nutrition Month 2003
Adapted by the NC NET Program from Eat Right Montana materials

