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EXTENSION

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## Fruits: Citrus, Melon, Berries, Other Fruit<sup>1</sup>

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**Choose 2 to 4 servings every day.  
Eat whole fruits often.**

### What counts as one serving?

- 1 whole fruit such as a medium apple, banana, or orange
- ½ cup of chopped, cooked or canned fruit
- ¾ cup of fruit juice
- 1 grapefruit half
- 1 slice of melon
- ½ cup of berries
- ¼ cup of dried fruit

Eat whole fruits often. Whole fruits are higher in fiber than fruit juices.

- Fruits and fruit juices provide important amounts of vitamins A and C and potassium. They are low in fat and sodium.
- Fruits also contain fiber. Fiber helps keep your digestive tract healthy. Foods that contain fiber are usually low in calories. Only foods that come from plants contain fiber. Beside fruits, some other plant foods that provide fiber are vegetables, whole-grain

bread, whole-grain cereals, dry beans, dry peas, nuts, and seeds.



- Make fruit easy and convenient to eat for you and your family.
  - First of all keep fruit available. Put it on your shopping list when you do your weekly food shopping.
  - Keep fruit in easy to reach places. For example, have a bowl of fresh fruit on your table if possible to do so without it going to waste.
- Think of creative ways to get 2-4 servings of fruits in meals and snacks.

**The main idea is to eat 2-4 servings of fruit every day.**

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- Choose citrus fruits or juices, melons, or berries regularly.
  - Eat fruits as desserts or snacks.
  - Drink fruit juices.
  - Prepare and serve fruits with little or no added sugars.
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- Use fresh or canned fruit slices as a colorful garnish for main dishes, salads, and cereals.
- Add dried fruit to muffins and quick breads.
- Eat fresh fruits topped with yogurt and sprinkled with cinnamon.
- Bake or broil apples, pears, or bananas with cinnamon and nutmeg and serve warm. This a great wintertime treat to be served with a meal or as a dessert or snack.
- Make a fruit salad using several kinds of fruits in season and serve as a snack, side dish or dessert. If you add bananas, apples or pears to the mixture, be sure to add a little orange juice to keep these fruits from turning dark.
- Freeze 100% juice in an ice cube tray or small plastic or paper cups. This is a great treat when the weather is hot or humid. Children and adults enjoy frozen fruit cubes or fruitsicles.

### **Tips on how to buy, use and store fruit**

#### Buying Tips

- Watch for good buys on fresh fruits in season.

- Compare prices. Find different kinds of fruits that fit your budget. Try fresh, canned, or frozen. Fresh and canned fruits can be lower in cost.
- Buy most fruits when they are ripe. But bananas, pears, peaches, and cantaloupe can ripen at home.
- Gently shake a bunch of grapes. Few will fall if they are fresh.
- Read the label. Count only 100% fruit juice as fruit. Punches, ades, and most fruit “drinks” contain only a little juice and lots of added sugars.
- Read the label. Buy plain canned or plain frozen fruit instead of those with added sugars and sauces. Go easy on fruits canned or frozen in heavy syrups and sweetened fruit juices.
- Buy frozen foods last so they will stay solid until you get home. Choose packages that are frozen hard. Wet, limp, or stained packages may have been thawed and refrozen.
- Look for large bags of frozen fruits. They may be bargains and you can pour out the exact amounts you need.

#### Using & Storing Tips

- Keep ripe fruit a few extra days by putting it in the refrigerator. Banana skins will turn dark, but the fruit will still be great.
- Wash well just before eating fruit.
- Cut away the stem, seeds and any soft spots on fruit.
- Put orange or lemon juice on cut fruits such as apples, bananas, peaches, and pears to keep them from turning brown.

## The answer is fruits!

- What's good for you and tastes good, too? \_\_\_\_\_
- What foods have been called "nature's own desserts?" \_\_\_\_\_
- What foods can contribute fiber and nutrients to the diet as well as sweetness without adding lots of calories? \_\_\_\_\_
- Dried \_\_\_\_\_ have a high concentration of sugar because most of their water content has been removed.
- Use fresh \_\_\_\_\_ quickly to avoid spoilage and waste.
- Most fresh \_\_\_\_\_ are perishable and should be refrigerated.
- Grapefruits, oranges, tangerines and other citrus \_\_\_\_\_ and citrus juices are sources of vitamin C.
- Select fresh \_\_\_\_\_ that have no signs of bruising because reactions that occur from bruising can cause loss of some nutrients.

### Choose foods from each of five food groups

The Food Guide Pyramid illustrates the importance of balance among food groups in a daily eating pattern. Most of the daily servings of food should be selected from the food groups that are the largest in the picture and closest to the base of the Pyramid.

- Choose most of your foods from the grain products group (6-11 servings), the vegetable group (3-5 servings), and the fruit group (2-4 servings).

- Eat moderate amounts of foods from the milk group (2-3 servings) and the meat and bean group (2-3 servings).
- Choose sparingly foods that provide few nutrients and are high in fat and sugars.

Note: A range of servings is given for each food group. The smaller number is for people who consume about 1,600 calories a day, such as many sedentary women. The larger number is for those who consume about 2,800 calories a day, such as active men.

Food Guide Pyramid  
A Guide to Daily Food Choices

