

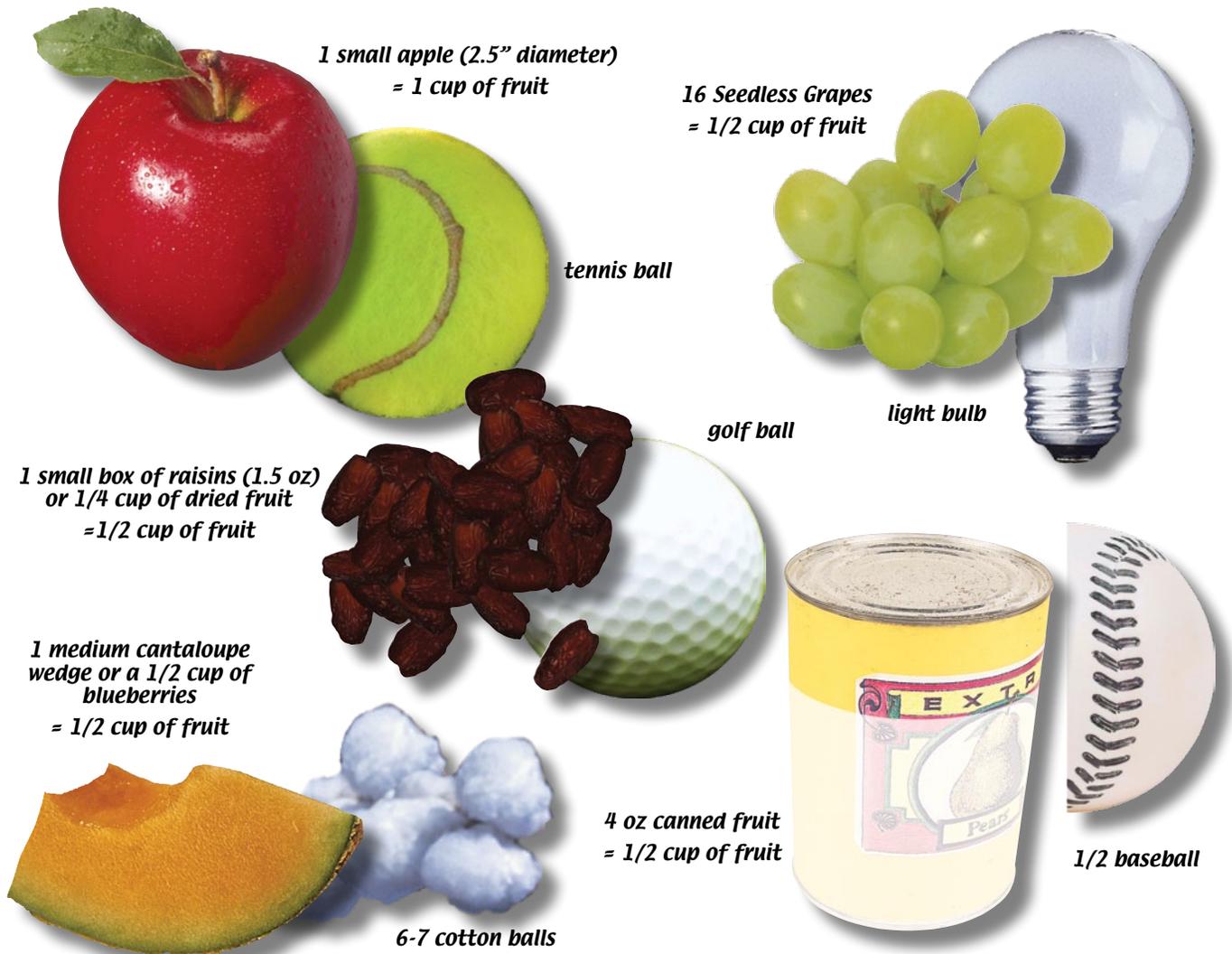
## FRUIT: How Much Do I Need?

Fruits are good for you. They are full of fiber, vitamins, minerals, and thousands of powerful things called antioxidants and phytochemicals. These things give a fruit its color, flavor, and smell. And, when you eat them, they also protect you from many different diseases (like heart disease and cancer). Make half your plate fruits and vegetables. The more color, the better. Try to eat at least 2 different colors of fruits each day.

**Adults need about 2 cups of fruit each day.  
Kids need about 1.5 cups of fruit each day.**

(See the next page for the amount of fruit that is recommended based on age and sex.)

### What does a 1/2 to 1 cup of fruit look like?



[www.ext.vt.edu](http://www.ext.vt.edu)

## How much fruit is needed daily?

The amount of fruit you need to eat depends on age, sex, and level of physical activity. Recommended daily amounts are shown in the table below.

Daily recommendation*		
Children	2-3 years old	1 cup
	4-8 years old	1 to 1 1/2 cups
Girls	9-13 years old	1 1/2 cups
	14-18 years old	1 1/2 cups
Boys	9-13 years old	1 1/2 cups
	14-18 years old	2 cups
Women	19-30 years old	2 cups
	31-50 years old	1 1/2 cups
	51+ years old	1 1/2 cups
Men	19-30 years old	2 cups
	31-50 years old	2 cups
	51+ years old	2 cups



\*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

## Storing Fruit

### Fresh Fruit

Store whole fresh fruit at room temperature until it becomes ripe. Once fresh fruit is ripe, store it in the refrigerator. Store cut fresh fruit in the refrigerator. Cut fresh fruit should not be left at room temperature for more than 2 hours.

### Frozen Fruit

- Store frozen fruit in the freezer.
- Only take out what you can use.
- Do not refreeze frozen fruit that has thawed out.

### Canned and Dried Fruit

Store canned and dried fruit in a cool, dry place.

### Special Storage Instructions

- Store bananas at room temperature so they don't turn brown.

- Store whole watermelon in a cool place (about 55° to 70°).
- Store most berries in the refrigerator.

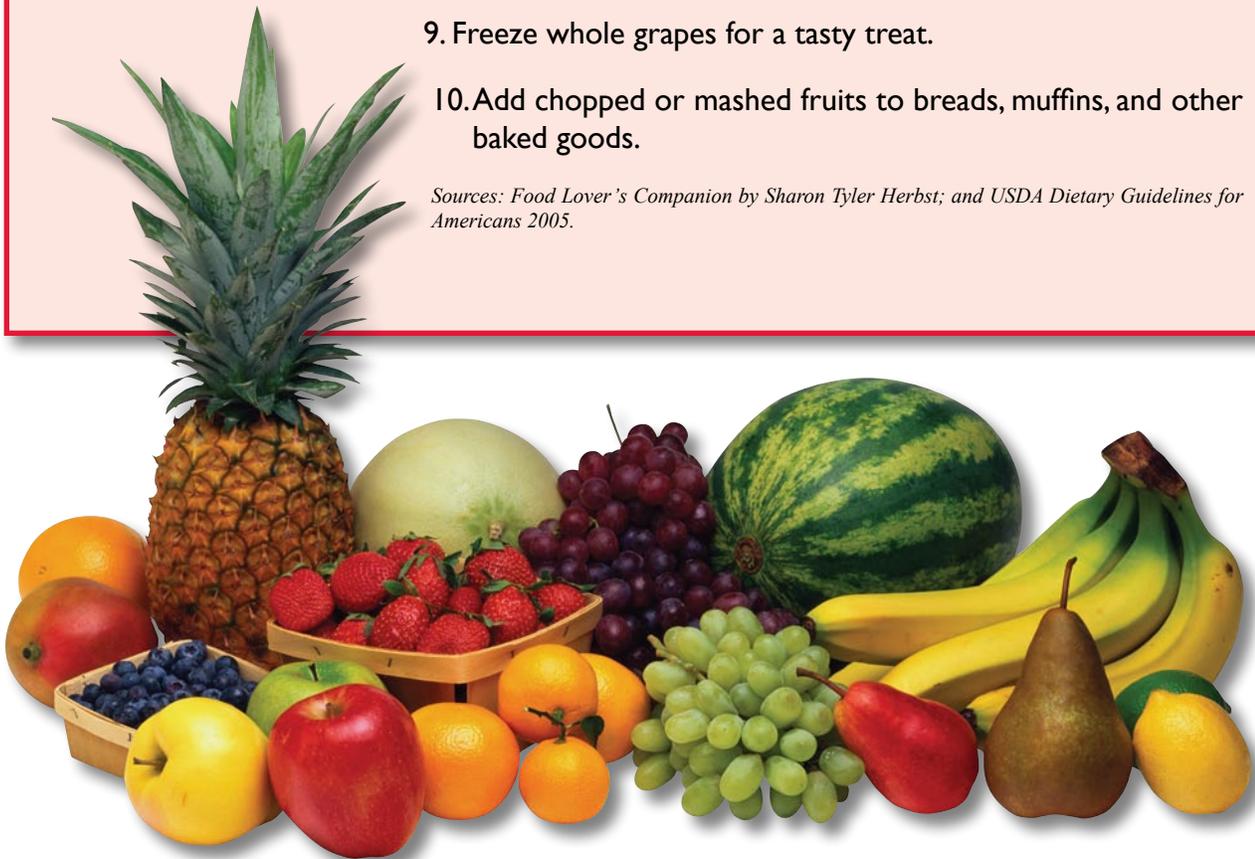
### Freezing Fruit

- If you have too much ripe fruit and not enough to eat, try fry freezing it.
- Peel and chop bananas, then freeze them for up to 2 months to be used in smoothies, banana bread, or muffins.
- Rinse berries and place them in a single layer on a plate or cookie sheet. Freeze them. When they are completely frozen, put them in an airtight plastic container and freeze them for up to 6 months.
- Rinse, peel, and chop pineapple, mangoes, papaya, peaches, or nectarines (remove the pits from peaches and nectarines). Place them in a single layer on a plate or cookie sheet. Freeze them. When they are completely frozen, put them in an airtight plastic container and freeze them for 6 months to a year.

## ***Top 10 ways to eat more FRUIT***

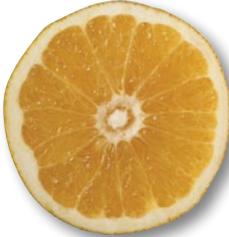
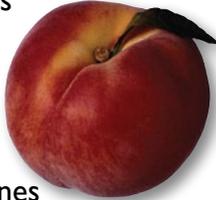
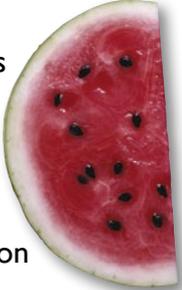
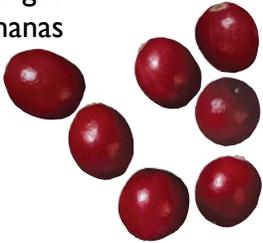
1. Put fruit in easy to reach places. Keep chopped, bite-size fruit pieces in a clear container in the fridge for an easy snack for you and the kids.
2. Put a bowl of whole fresh fruit on the table in your kitchen.
3. Top hot or cold cereal, yogurt, pancakes, waffles, and even salads with fresh, frozen or dried cut up fruit. Try raisins, dried apricots, dates, bananas, fresh or frozen strawberries, raspberries, blackberries, blueberries, and even apples or pears.
4. Drink a glass of 100% fruit juice instead of regular soda or pop or other sugary fruit drinks.
5. Eat fruit with healthy dips, like peanut butter or low-fat yogurt.
6. Make an easy fruit smoothie by blending a banana, a cup of frozen fruit, a cup of low-fat yogurt, and 1/4 cup of 100% fruit juice.
7. Bring a whole apple, banana, orange, peach, pear, a bag of berries, or dried fruit with you in your bag or purse for an easy snack and refreshing snack.
8. Make fruit popsicles by freezing orange juice or other 100% fruit juice in ice cube trays with sticks.
9. Freeze whole grapes for a tasty treat.
10. Add chopped or mashed fruits to breads, muffins, and other baked goods.

*Sources: Food Lover's Companion by Sharon Tyler Herbst; and USDA Dietary Guidelines for Americans 2005.*



# When should I buy my fruit?

Below is a calendar of when fresh fruits are available. You will get the best value if you buy fruits when they are in season.

January	February	March	April
<p>apples grapefruit oranges bananas</p> 	<p>apples grapefruit oranges bananas</p> 	<p>apples grapefruit oranges bananas</p> 	<p>pineapple grapefruit bananas</p> 
May	June	July	August
<p>pineapple strawberries bananas</p> 	<p>berries cherries melon plums bananas watermelon</p> 	<p>berries cherries grapes lemons limes melon nectarines peaches plums watermelon</p> 	<p>berries grapes melon nectarines peaches pears plums bananas watermelon</p> 
September	October	November	December
<p>grapes peaches pears plums bananas</p> 	<p>apples cranberries pears bananas</p> 	<p>apples cranberries oranges pears bananas</p> 	<p>apples cranberries grapefruit oranges bananas</p> 

This publication was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact your local county or city Department of Social Services (phone listed under city/county government). For help finding a local number, call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services.

In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, religious creed, age, disability, or political beliefs.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call, toll free, (800) 795-3272 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.

This publication was partially funded by the Expanded Food Nutrition Education Program, USDA, CSREES.