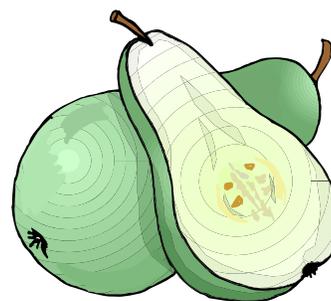


5 smart reasons to Enjoy the Sweet Flavors of Fruit

Here's some tasty nutrition news to chew on! For the best health, we all need fruit every day. Young children should get at least 1 cup a day and most adults should get about 2 cups. To be sure you are getting the fiber you need, choose whole fruit over fruit juice. Whether you like your fruit fresh, frozen, dried, or canned in juice – all types can help fill your nutrient gaps.

1. Fiber

Fiber keeps our intestines running smoothly. It also may help prevent diseases like colon cancer. But most of us get less than half the fiber we need. Whole fruit is an excellent source of soluble fiber. Which fruits are best for fiber? Try dried fruit (raisins, craisins, figs, plums, etc) or berries (blueberries, raspberries, etc). Bananas, kiwi, apples and pears are other good options.



2. Potassium

Potassium is important for keeping blood pressure at normal levels. But most people don't get enough of this nutrient either. Sweet fruit sources of potassium are bananas, cherries, kiwi and plums. You can buy apricots fresh, dried or canned in 100% juice. You may have heard dried plums called by another name – prunes!

3. Vitamin A

Vitamin A is also called beta-carotene. Vitamin A helps with vision. It is also important for preventing heart disease and some cancers. Vitamin A has been studied a lot. We know it's better to get vitamin A from food than from pills. Luckily, there are lots of tasty options. Try cantaloupe, watermelon, fresh or dried apricots, mangoes and plums.

4. Vitamin C

Eating fruit is an easy way to get your vitamin C. This vitamin has lots of benefits. It helps to prevent infection and to heal wounds. You may know that there's a lot of vitamin C in citrus fruits, like grapefruit, lemon, lime, orange and tangerine. Did you know that blackberries, melons, kiwi, pineapple and raspberries are also good sources?

5. Vitamin E

If you are like most people, you probably don't get as much vitamin E as you should. The best sources of vitamin E are seeds, nuts and oils. To get more vitamin E, you can snack on sunflower seeds, almonds or peanuts. Or, you can cook with safflower, sunflower, soybean or wheat germ oil. There are also two fruits sources of vitamin E – kiwi and mango. These fruits are rich in other key nutrients too!

