



## Tips for Meeting your Fruit Needs

AMOUNT THAT COUNTS AS 1 CUP OF FRUIT		OTHER AMOUNTS (COUNT AS 1/2 CUP OF FRUIT UNLESS NOTED)
Apple	½ large (3 ¼" diameter) 1 small (2 ¼" diameter) 1 cup sliced or chopped, raw or cooked	½ cup sliced or chopped, raw or cooked
Applesauce	1 cup	1 snack container (4 oz)
Banana	1 cup, sliced 1 large (8" to 9" long)	1 small (less than 6" long)
Cantaloupe	1 cup diced or melon balls	1 medium wedge (1/8 of a medium melon)
Grapefruit	1 medium (4" diameter) 1 cup, sections	½ medium (4" diameter)
Mixed fruit (fruit cocktail)	1 cup diced or sliced, raw or canned, drained	1 snack container (4 oz) drained = 3/8 cup
Orange	1 large (3 1/16" diameter) 1 cup, sections	1 small (2 3/8" diameter)

Orange, mandarin	1 cup canned, drained	
Peach	1 large (2 ¾" diameter) 1 cup sliced, diced, raw, cooked, or canned, drained 2 halves canned, drained	1 small (2" diameter) 1 snack container (4 oz) drained = ¾ cup
Pear	1 medium pear (2 ½ per lb) 1 cup sliced, diced, raw, cooked, or canned (drained)	1 snack container (4 oz) drained = ¾ cup
Pineapple	1 cup chunks, sliced, crushed, raw, cooked, or canned (drained)	1 snack container (4 oz) drained = ¾ cup
Plum	1 cup sliced, raw, or cooked 3 medium or 2 large plums	1 large plum
Strawberries	About 8 large berries 1 cup whole, halved, or sliced (fresh or frozen)	½ cup whole, halved, or sliced
Watermelon	1 small (1" thick) 1 cup diced or balls	6 melon balls
Dried fruit (raisins, prunes, apricots)	½ cup dried fruit	¼ cup dried fruit or 1 small box raisins (1 ½ oz)
100% fruit juice (orange, apple, grape, grapefruit)	1 cup	½ cup



## WAYS TO INCREASE FRUIT INTAKE:

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Buy fresh fruits in season when they may be less expensive and at peak flavor.
- Buy fruits that are dried, frozen, canned (in water or 100% juice) and, fresh so you always have a supply on hand.
- Try pre-cut packages of fruit (such as melon or pineapple chunks) for a quick, healthy snack.
- Choose whole or cut-up fruit rather than juice for the dietary fiber benefits it provides.
- Select fruits with more potassium often, such as bananas, prunes and prune juice, dried peaches and apricots, and oranges.
- Eat a variety of fruits; different types of fruits differ in nutrient content.
- At breakfast, top your cereal with bananas or peaches, add blueberries to pancakes, or drink 100% orange or grapefruit juice. You can also mix fresh fruit with plain fat-free or low-fat yogurt.
- At lunch, pack a tangerine, banana, or grapes.
- Add fruit like pineapple or peaches to kabobs.
- For dessert, have baked apples, pears, or a fruit salad.
- Dried fruits make a great snack. They are easy to carry and store, and because they are dried, ¼ cup is equivalent to ½ cup of other fruits.
- As a snack, spread peanut butter on apple slices or top with plain fat-free or low-fat yogurt, berries, and slices of kiwi fruit.
- Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks or desserts.
- Make a fruit smoothie by blending fat-free, low-fat milk, or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.
- Try unsweetened applesauce as a lower calorie substitute for oil when baking.

*The information contained here within is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.*

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### Resources:

- <https://www.choosemyplate.gov/fruit>

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