

# Fruit Group



## Fruit Group

Focus on fruits

**Potassium, Fiber, Vitamin C, Folate**

### Go easy on fruit juice

Fruit juice lacks the fiber found in whole fruits.  
Whole fruits are more nutrient-dense than juices.  
Juices are more calorie-dense.



### Why Fiber?

- Reduces risk of heart disease
- Decreases constipation
- Helps with weight maintenance (fills you up on fewer calories)
- Potential benefit for type 2 diabetes

### Fruits and Vegetables: Eat more for good health

- Reduces risk of heart disease, stroke, type 2 diabetes, and some cancers
- Potassium may reduce risk of developing kidney stones and help to decrease bone loss with age
- Naturally low in calories, fat and sodium
- Don't have cholesterol

**FRUIT CANNED IN  
HEAVY SYRUP**

**FRESH AND FROZEN FRUITS  
AND 100 % FRUIT JUICE**

### MyPyramid & Food Choices

**Foods with added fat and sugars are at the top of the color band.**

**Nutrient-dense foods are at the bottom of the color band.**

Information taken from USDA's MyPyramid.gov 8/05  
Author: Ellen Schuster, MS, RD, University of Missouri Extension  
Design: Jennifer Naegel, Intern