



## 5 Smart Reasons to

## Enjoy the Sweet Flavors of Fruit

Here's some delicious nutrition news for you to chew on! To support optimal health, we need at least 1 cup (young children) to 2 cups (most adults) of fruit daily. To maximize your fiber intake, choose whole fruit over fruit juice. Fresh, frozen, dried, or canned in juice - all types of fruit can help fill your nutrient gaps.

### 1. Fiber

Most of us are getting less than half the fiber we need to keep our intestines running smoothly and to help prevent diseases such as colon cancer. Whole fruit is an excellent source of soluble fiber. Best sources of fiber in fruits: Dried fruit (raisins, raisins, figs, plums, etc.), berries (blueberries, raspberries, etc.), bananas, kiwi, apples, and pears.

### 2. Potassium

This is another nutrient where most of us fall far short of recommendations. Getting more potassium is incredibly important for keeping blood pressure at normal levels. Sweet sources of potassium from fruits include apricots (fresh, dried, and canned in 100% juice), bananas, cherries, kiwifruit, and plums (fresh and dried - aka prunes).

### 3. Vitamin A

Also known as beta-carotene, vitamin A is very important for good vision, as well as for the prevention of heart disease and some cancers. Several studies have confirmed that it is better to get your vitamin A from food rather than pills. Fruit sources include cantaloupe and watermelon, as well as fresh and dried apricots, mango, and plums.

### 4. Vitamin C

Fruits are an easy way to get your vitamin C. Like vitamin A, most adults are missing the benefits of this important nutrient that helps prevent infections and heal wounds. Here are a few of the many excellent fruit sources of C: Citrus (grapefruit, lemon, lime, orange, tangerine, etc.), blackberries, melons, kiwifruit, pineapple, and raspberries.

### 5. Vitamin E

Here's one more nutrient where adults - and children - fall short of current guidelines. Major food sources of vitamin E are actually sunflower seeds, nuts (almond and peanuts), and oils (safflower, sunflower, soybean, wheat germ, etc.). However, two fruits - kiwi and mango - do provide vitamin E, along with other key nutrients.