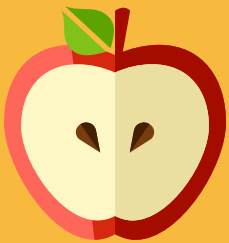


Fruit

Find many ways to enjoy fresh fruit all day! Make 1/4 of your plate fruit or enjoy it as a snack. Fruit is an important source of valuable fiber and nutrients



Fresh

Fresh fruit is always a great choice! Add fresh fruit to cereal or pack it to go with you during the day.



Frozen

Frozen fruits are there when you need them. You can add them to smoothies or bake them for a warm dessert treat. You can buy them or freeze leftover fruit yourself!



Canned

Canned fruits are easy to use. Look for canned fruits in juice so you minimize added sugars in your meals. They can make a great dessert or snack.



Dried

Dried fruit makes a good on-the-go snack. It also tops cereals and salads deliciously.



Pureed

Pureed fruits can make great sauces to add over yogurt, fresh fruit, or toast. You can also puree fruit and drink as a smoothie.



100% Juice

If you purchase juice make sure it is 100% fruit juice. A quick glance at the label will help you find out the percentage of real juice used.