

NEAT

Fabulous Fruits- Fact Sheet

Nutrition:

Fruits can be defined as the fleshy, edible seed-bearing part of a plant. Generally fruits are sweet and make for refreshing snack, drink, or dessert.

While fruits contain simple sugars (glucose and fructose) they also contain:

- Dietary fiber
- Vitamin C
- Folate
- Potassium

Fruits contain around 80% water, zero cholesterol, and are low in fat, sodium and calories. Consuming a diet high in fruits and vegetables may lower one's risk of chronic disease and cancer. Fruits are also good for lowering cholesterol and alleviating digestion issues, mainly because they are naturally high in fiber.

Any fruit or 100% fruit juice is considered a part of the fruit group. However whole fruit, with the skin on, provides more fiber and has less sugar than 100% fruit juice. Fruit can also be canned, dried or frozen. Canned fruit is the healthiest if its natural juices or light syrup to decrease the sugar content. Frozen and dried fruit should not have any sugar added. Fresh locally grown fruits are considered to be the most nutritious; however frozen and canned varieties are still healthy options. Frozen fruits are selected at their peak ripeness then flash frozen to preserve the nutrients. Canned fruits may lose some nutrient value during the canning process; vitamin C is especially susceptible to higher temperatures.