



# NEAT Fact Sheet

## "Fruit"

- Any fruit or 100% fruit juice is part of the Fruit Group.
- Fruits may be fresh, canned, frozen, dried, cut up or pureed.

Fruits can be divided into 5 sub-groups:

Sub-Groups	  Foods
General	Apples, apricots, avocado, banana, grapefruit, grapes, kiwi, lemons, limes, mangoes, nectarines, oranges, peaches, pears, papaya, pineapple, plums, prunes, raisins, tangerines
Berries	Strawberries, blueberries, raspberries, cherries
Melons	Cantaloupe, honeydew, watermelon
Mixed fruit	Fruit cocktail
100% juice	Orange, apple, grape, grapefruit

### Health Benefits:

Eating fruit provides health benefits — people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body. Fruits are also:

- Rich in potassium- helps to maintain blood pressure
- High in vitamin C- aids in tissue repair
- High in folic acid- helps the body form red blood cells
- Good source of fiber- aids in bowel function
- Low in calories, fat and sodium