

Smart Youth Choices



A Community Nutrition Education Program of the LSU AgCenter for Grades 5 - 8

Fruit Facts



Did you know that fruits have vitamins and minerals your body needs every day? They may help protect you against many chronic diseases and cancers. Fruits are low in fat and calories and high in fiber. So, they will fill you up on fewer calories.

USDA's Dietary Guidelines recommends that children eat 1 to 2 cups of fruits a day, depending on their age and physical activity level. *For example, 9- to 13-year-old girls, who are moderately active, need 1.5 cups of fruit a day (for an 1,800 calories diet).*

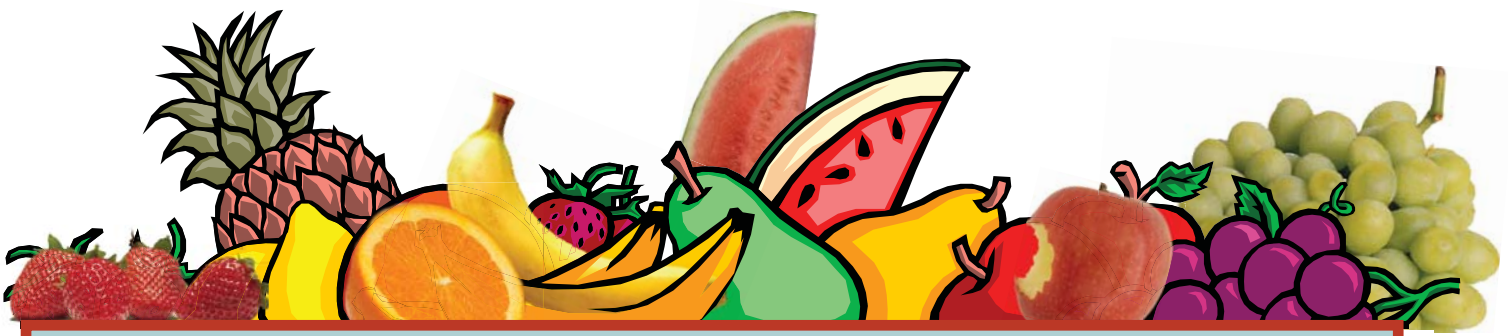
What counts as 1 serving of fruit?

- 1/2 cup cut-up raw or cooked fruit
- 1/2 cup fruit juice

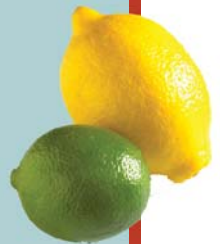
Remember, fruits are healthy foods. **Do you eat enough fruits?** If the answer is NO, these tips may help you add more fruits to your diet:

- Have a cup of 100 percent fruit juice with your breakfast (that would count as 2 servings!).
- Add fresh fruit to your cereal in the morning.
- Have a smoothie for dessert, instead of cake or ice cream. Smoothies are delicious and easy to make. Use skim milk, low-fat yogurt and 100 percent fruit juice or whole fruit. Blend them all together or ask an adult to help you.
- Ask your parents to keep fresh-cut fruits handy for snacks.
- Try a fruit pizza! You can use cookie dough and any kind of fresh or canned fruits you like as a topping.
- Ask your parents to take you to the farmer's market or fruit stand, where you can pick your own favorite fruit. Ask you mom or dad to do the same thing.
- Try a new fruit every time you go to the grocery store or farmer's market with your parents.





- Pear trees can grow to 60 feet (18 meters) and may be as old as 300 years.
- Orange trees first grew in China.
- A medium-size orange contains the amount of vitamin C that a healthy adult should eat daily.
- Lemons, oranges and limes are all citrus fruits. Their juices contain citric acid.
- British sailors were given lime juice to keep them from getting a disease called scurvy (malnutrition illness caused by a lack of certain vitamins). British sailors were often called “limeys” because of this.
- Bananas come in more than 100 varieties; some even have red skin.
- The name pine-apple was the original name for a pine cone, which grows on pine trees. Because the fruit pineapple looked like a huge pine cone, it, too, was called a pine-apple.
- Pineapples contain an enzyme that is used in blood tests.
- Fibers in pineapple leaves are used to make rope and a cloth called pino.
- Most raspberries are red, but some varieties are white, yellow or black.
- Blackberry juice was used to dye cloth navy blue and indigo.
- Melons can grow to 40 pounds (18 kilograms) or more.
- Olive trees can live for more than 1,500 years.
- Figs were one of the fruit most often eaten by the ancient Greeks and Romans.



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