

FRUITS

Write the following information into the FRUIT section of your Graphic Organizer and color the MyPlate template section RED



Boys 9-13	1 ½ c. daily
Boys 14-18	2 c. daily
Girls 9-18	1 ½ c. daily



**Make half your plate
fruits and vegetables:
Focus on whole fruits.**

- Choose whole fruits –fresh, frozen, dried or canned in 100% juice.
- Enjoy fruit with meals, as snacks or as a dessert

What counts as a cup of fruit?

In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the Fruit Group.