



TIPS: FOCUS ON WHOLE FRUITS

[Home](#) / [MyPlate](#) / [Fruits](#) / [TIPS: Focus on Whole Fruits](#)

[Print](#) [Share](#)

FRUITS

[All About the Fruit Group](#)

[Nutrients and Health Benefits](#)

[TIPS: Focus on Whole Fruits](#)

[Food Gallery](#)

[Take the Fruit Quiz](#)

TIPS: Focus on Whole Fruits

Tip Sheets:

- [10 Tips: Focus on Fruits](#)
- [10 Tips: Kid-friendly Veggies and Fruits](#)
- [10 Tips: Liven Up Your Meals with Vegetables and Fruits](#)
- [10 Tips: Smart Shopping for Veggies and Fruits](#)

In general:

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Refrigerate cut-up fruit to store for later.
- [Buy fresh fruits in season](#) when they may be less expensive and at their peak flavor.
- Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.
- Consider convenience when shopping. Try pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds. Choose packaged fruits that do not have added sugars.

For the best nutritional value:

- Make most of your choices whole or cut-up fruit rather than juice, for the benefits



WHAT IS
MYPLATE?

MYPLATE, MYWINS

VEGETABLES

GRAINS

PROTEIN FOODS

DAIRY

OILS

FOOD GUIDE HISTORY

dietary fiber provides.

- Select fruits with more potassium often, such as bananas, prunes and prune juice, dried peaches and apricots, and orange juice.
- When choosing canned fruits, select fruit canned in 100% fruit juice or water rather than syrup.
- Vary your fruit choices. Fruits differ in nutrient content.

At meals:

- At breakfast, top your cereal with bananas or peaches; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, mix fresh fruit with plain fat-free or low-fat yogurt.
- At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.
- At dinner, add crushed pineapple to coleslaw, or include orange sections or grapes in a tossed salad.
- Make a Waldorf salad, with apples, celery, walnuts, and a low-calorie salad dressing.
- Try meat dishes that incorporate fruit, such as chicken with apricots or mangoes.
- Add fruit like pineapple or peaches to kabobs as part of a barbecue meal.
- For dessert, have baked apples, pears, or a fruit salad.



MYPLATE, MYWINS

Marie, Virginia



"Now I start my day with fruits and veggies by having a homemade smoothie for breakfast. I use almond milk, banana, berries, and kale or spinach (for iron). You have such great tips!!"



Mavis, California

"I am a nutritionist and personal trainer. I work for physicians in their offices helping to bring awareness to patients in a preventative healthcare environment. Many of the patients love MyPlate's simple-to-use tools and graphics on eating properly."

Nicole, Texas

As snacks:

- Cut-up fruit makes a great snack. Either cut them yourself, or buy pre-cut packages of fruit pieces like pineapples or melons. Or, try whole fresh berries or grapes.
- Dried fruits also make a great snack. They are easy to carry and store well. Because they are dried, $\frac{1}{4}$ cup is equivalent to $\frac{1}{2}$ cup of other fruits.
- Keep a package of dried fruit in your desk or bag. Some fruits that are available dried include apricots, apples, pineapple, bananas, cherries, figs, dates, cranberries, blueberries, prunes (dried plums), and raisins (dried grapes).
- As a snack, spread peanut butter on apple slices or top plain fat-free or low-fat yogurt with berries or slices of kiwi fruit.
- Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks.

Make fruit more appealing:

- Many fruits taste great with a dip or dressing. Try fat-free or low-fat yogurt as a dip for fruits like strawberries or melons.
- Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.
- Try unsweetened applesauce as a lower calorie substitute for some of the oil when baking cakes.
- Try different textures of fruits. For example, apples are crunchy, bananas are smooth and creamy, and oranges are juicy.
- For fresh fruit salads, mix apples, bananas, or pears with acidic fruits like oranges, pineapple, or lemon juice to keep them from turning brown.

Fruit tips for children:



"I started to add more vegetables to every meal for my family. We also drink more water. We also eat more beans because they are inexpensive and have healthy fiber. Good tips!"

SHOW MORE

Set a good example for children by eating fruit every day with meals or as snacks.

- Offer children a choice of fruits for lunch.
- Depending on their age, children can help shop for, clean, peel, or cut up fruits.
- While shopping, allow children to pick out a new fruit to try later at home.
- Decorate plates or serving dishes with fruit slices.
- Top off a bowl of cereal with some berries. Or, make a smiley face with sliced bananas for eyes, raisins for a nose, and an orange slice for a mouth.
- Offer raisins or other dried fruits instead of candy.
- Make fruit kabobs using pineapple chunks, bananas, grapes, and berries.
- Pack a juice box (100% juice) in children's lunches instead of soda or other sugar-sweetened beverages.
- Look for and choose fruit options, such as sliced apples, mixed fruit cup, or 100% fruit juice in fast food restaurants.
- Offer fruit pieces and 100% fruit juice to children. There is often little fruit in "fruit-flavored" beverages or chewy fruit snacks.

Keep it safe:

- Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly with your hands to remove dirt and surface microorganisms. Dry with a clean cloth towel or paper towel after rinsing.
- Keep fruits separate from raw meat, poultry and seafood while shopping, preparing, or storing.

Last Updated: Jun 11, 2018

MYPLATE

- What Is MyPlate?
- Fruits
- Vegetables
- Grains
- Protein Foods
- Dairy
- Oils

POPULAR TOPICS

- MyPlate, MyWins
- Eating On A Budget
- MyPlate Tip Sheets
- Printable Materials
- MyPlate Videos

ONLINE TOOLS

- BMI Calculator
- MyPlate Plan
- Quizzes
- Portion Distortion
- Pregnancy Weight Gain Calculator
- Preschooler Growth Charts

STAY CONNECTED



GET EMAIL UPDATES

[Recipes & Menus](#)
[Seasonal Resources](#)
[Food Safety](#)
[Newsroom](#)
[Dietary Guidelines](#)
[Communicator's Guide](#)

[USDA.GOV](#) | [SITE MAP](#) | [POLICIES & LINKS](#) | [OUR PERFORMANCE](#) | [REPORT FRAUD ON USDA CONTRACTS](#) | [VISIT OIG](#) | [FOIA](#)
[ACCESSIBILITY STATEMENT](#) | [ABOUT US](#) | [ASK THE EXPERT](#) | [NEWS](#) | [CONTACT US](#) | [ADVANCED SEARCH](#) | [HELP](#) |
[SEARCH TIPS](#) | [PRIVACY POLICY](#) | [NON-DISCRIMINATION STATEMENT](#) | [INFORMATION QUALITY](#) | [USA.GOV](#) | [WHITEHOUSE.GOV](#)