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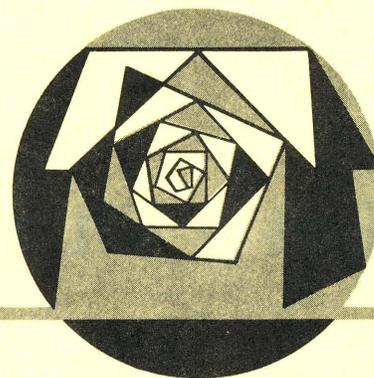
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Fruit is Good for You Handout - Expanded Nutrition & Family Programs
Michigan State University
Cooperative Extension Service
January 1981
2 pages

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Expanded Nutrition & Family Programs



Fruit Is Good for You

Eat one or more every day.

(H)

(Leave with Homemaker)

Fruits give you VITAMINS and MINERALS for growth. They help keep the body working properly.

Fruits contain FIBER. Fiber helps your body remove waste. Raw fruits do this better than cooked fruits.

Name a FRUIT your family could eat to get vitamin

C. _____ .

Name a fruit you ate yesterday. _____ .

Name one or two fruits you might eat tomorrow. _____ .

_____ .

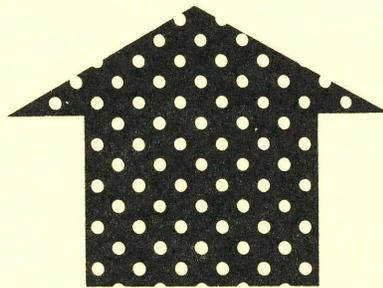


EXPANDED NUTRITION & FAMILY PROGRAMS

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Eat a Vitamin C Food Every Day

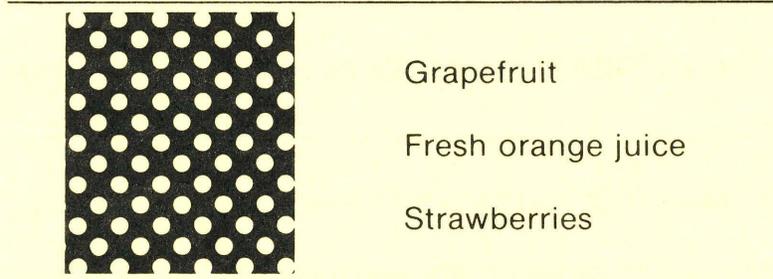
A lot of Vitamin C



Frozen orange juice

Orange

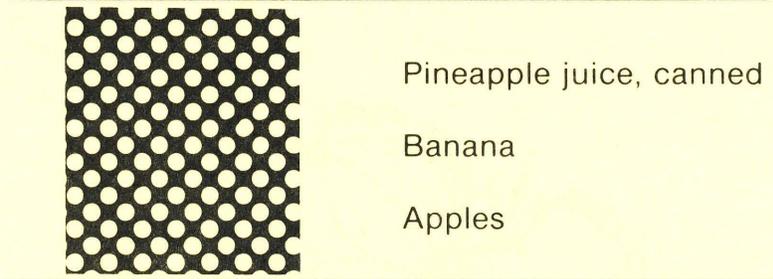
Cantaloupe



Grapefruit

Fresh orange juice

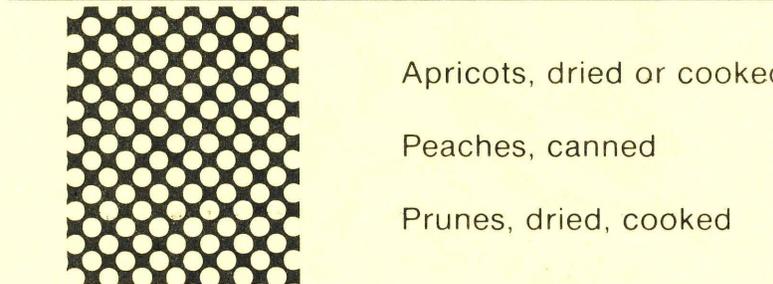
Strawberries



Pineapple juice, canned

Banana

Apples



Apricots, dried or cooked

Peaches, canned

Prunes, dried, cooked

Some Vitamin C

* Fresh and frozen fruits usually have more vitamin C than dried or cooked fruits.

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