

Treat your Sweet Tooth to Fruit!

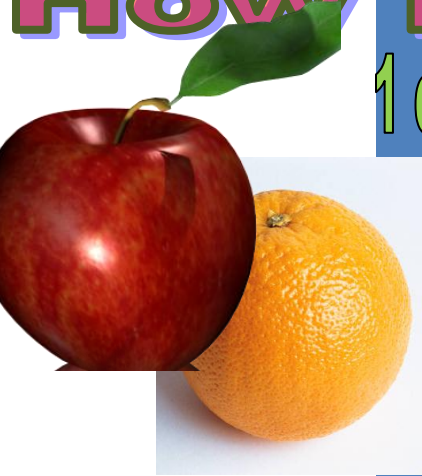


Eat 2 cups or more of fresh fruit everyday!

Fruits are higher in fiber which keeps you full longer and are packed full of nutrients and antioxidants which protect against many chronic diseases such as certain types of cancer and heart disease.

How Much is a Cup?

1 cup of whole fruit is the same size as a Tennis Ball



1 Banana equals 1 cup



14 Grapes or 8 Strawberreis (1 cup) is the same size of a light bulb



1 wedge of Watermelon equals 1 cup

