Eating fruit can be one of the easier healthy choices to make since most fruit is naturally sweet and also packed with nutrients. It is important to know what the recommended amount of fruit is for you and your family, even if regularly eating fruit isn’t a challenge!

There are many different types of fruit to enjoy including bananas, apples, oranges, kiwis, melons, berries, mangos, grapes, peaches, pineapples and more. Eating a variety of different fruits will keep your taste buds interested and also provide you with a variety of nutrients.

**Get your fiber**

The fruit food group includes fresh, frozen, dried and canned options, and 100% fruit juice. When shopping for juice, remember to check the nutrition label to make sure it says “100% fruit juice.”

Juice should be limited to 1 cup (8 ounces) a day because it’s missing fiber. Fiber helps to slow down the absorption of sugar and reduces a blood sugar spike that can cause energy crashes. Fiber is present in whole fruit but lost when the fruit is made into juice. Fruit juice is often so sweet that you can stretch your dollar and lessen the sugar by watering it down.

**Daily fruit recommendations for children**

<table>
<thead>
<tr>
<th>Age in years</th>
<th>Amount in cups</th>
</tr>
</thead>
<tbody>
<tr>
<td>2–3 (boys and girls)</td>
<td>1</td>
</tr>
<tr>
<td>4–8 (boys and girls)</td>
<td>1–1.5</td>
</tr>
<tr>
<td>9–13 (boys and girls)</td>
<td>1.5</td>
</tr>
<tr>
<td>14–18 (boys)</td>
<td>2</td>
</tr>
<tr>
<td>14–18 (girls)</td>
<td>1.5</td>
</tr>
</tbody>
</table>

Dried fruit, such as raisins or dried cranberries, should be eaten in smaller portions than fresh fruit. Half a cup of dried fruit is equal to 1 cup of fruit. Dried fruit can contain added sugar. Because all dried fruit is easier to eat in larger amounts than fresh fruit, be careful how much you eat!

**WEEKLY RECIPE**

Remember to wash your hands and prepare food safely.

**Frozen Banana ‘Ice Cream’**

1. Mix one peeled frozen banana in blender until smooth. (If your child is not old enough to use the blender on his or her own, blend the banana ahead of time.)
2. Put individual servings inside the freezer where your child can reach them.

Find the entire series online at: [msue.msu.edu/healthychoices](http://msue.msu.edu/healthychoices)
MSU Extension programming has something to offer every member of your family

Michigan State University Extension helps people improve their lives by bringing the vast knowledge and resources of MSU directly to individuals, communities and businesses.

To help you be healthy at every stage of life, MSU Extension delivers affordable, relevant, evidence-based education to serve the needs of adults, youth and families in urban and rural communities. Programs focus on helping you gain the skills you need to buy and prepare nutritious, budget-friendly foods, increase your physical activity and stretch your food dollars.

MSU Extension’s children and youth programs address needs and issues from birth through age 19, providing parents with educational resources related to your child’s development and giving youth the opportunity through 4-H programs to build leadership and teach practical life skills.

For more information or to join a class, contact your local MSU Extension county office or visit www.msue.msu.edu.

FIND YOUR LOCAL MSU EXTENSION COUNTY OFFICE

With a presence in every Michigan county, Extension faculty and staff members provide tools to live and work better. From a personal meeting to information online, MSU Extension educators work every day to provide the most current information when people need it to ensure success – in the workplace, at home and in the community.

To find your local county office visit msue.msu.edu/county.

Acknowledgements
Developed by Erin E. Powell, MS, RDN; Tom Cummins; Elizabeth Dorman and Denise Aungst, MS; for MSU Extension. Based on a concept created by Denise Aungst and Layne Schlicher for MSU Extension. Produced by ANR Creative for MSU Extension.