

Benefits of Eating Fruit

Fruit is a vital part of a balanced diet (for more information on a balanced diet, [click here](#)) and should be eaten daily. There are many benefits to eating fruit as they do more for our bodies than we might realize. You may have heard that fruit makes you gain weight, or that fruit is too high in sugar to be included in your diet, but this is a myth!

Here is a breakdown of some of the benefits of some commonly available fruits:

- **Apples**¹
 - May reduce your risk of cancer
 - May reduce your risk of heart disease
 - High in antioxidants
 - Could reduce your risk of asthma
- **Bananas**²
 - High in potassium which is good for heart health
 - High in fiber
 - High in vitamin C and vitamin B6
- **Grapes**³
 - High in vitamin C
 - High in antioxidants
 - Helps to lower blood pressure
- **Strawberries**⁴
 - May reduce your risk of cancer
 - May reduce your risk of heart disease
 - May support the brain as it ages

As you can see, there are many benefits of eating fruit and incorporating a variety of fruits into our diets. All fruits fit into a balanced diet and are important for our health. They can help you prevent cancer, heart disease, asthma, and help your body to function.^{1,3,4} Fruits are also an amazing source of fiber which helps our digestive system to work properly. They also have a lot of water in them, which helps us to stay hydrated.³

The sugar in fruits is natural and does not count towards the recommended daily intake of added sugar. Sugars that do count towards your daily sugar recommendations are added sugars like maple syrup, honey, cane sugar, and corn syrup. Basically, if you add sugar to the food, it is an added sugar, and if the sugar is naturally occurring in the food, it is a natural sugar. It is also important to note that frozen and canned fruits are just as beneficial to our bodies as fresh fruits. If you buy canned fruits, look for fruits canned in 100% juice instead of ones with syrup to cut down on your added sugars.

It is recommended that we consume about one to two cups of fruit per day.⁵ This can be hard to measure, so an easier way to think about it might be eating fruit two to three times per day to make sure we are getting enough. Don't worry if you don't get the recommended amount of fruit each day, our fruit consumption over time is what matters.

Here are a few tips to add more fruits to your diet:

- Make a fruit smoothie with frozen fruit.
- Add a fruit salad as a side with breakfast, lunch, or dinner.
- Have an apple and peanut butter as an easy grab-and-go snack. ([See Power Snacks Article](#))
- Top your green salad with fruits like apples, pears, berries, or pomegranate seeds.
- Add fruit to your breakfast, for example adding blueberries to your pancakes.
- Make a fruity dessert like apple pie, peach cobbler, or strawberry shortcake.
- Try a new fruit each month and find a new favorite!

Fruit Salad on a Budget:



Ingredients:

- 1 Apple, diced into cubes
- 1 Banana, sliced
- 0.75 cup Berries of Choice
- 1 tsp Lemon Juice
- 0.25 tsp Cinnamon

Directions:

1. Prepare all fruits.
2. Add all fruit to a mixing bowl and combine.
3. Add lemon juice and cinnamon and mix again.
4. Serve. Fruit salad is best consumed within the first two days for the best quality.

Sources

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3. 10 health benefits of grapes. Cleveland Clinic. <https://health.clevelandclinic.org/health-benefits-of-grapes/>. Published November 12, 2021. Accessed October 19, 2022.
4. Hannum SM. Potential impact of strawberries on human health: a review of the science. *Crit Rev Food Sci Nutr*. 2004;44(1):1-17. doi:10.1080/10408690490263756
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