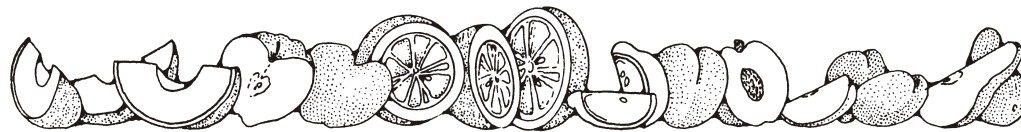


Food Fact Sheet



BUYING, USING AND STORING FRUITS

Fruit	One serving is	Servings per pound	Best time to buy
Apples	1	4	Year round, peak August-December
Apricots	2 (4 dried halves)	4	May-August
Avocado	¼ of whole	4	Year round, peak June-November
Bananas	1 small	4	Year round
Blueberries	½ cup	4 (fresh) 5 (frozen)	May-September
Cantaloupe	½ cup or ¼ melon	4	June-August
Cherries	10 large	4	May-August
Cranberries	½ cup	4	September-December
Grapefruit	½	4	Year round, Peak May-January
Grapes	½ cup (about 15)	5	Year round, Peak May-January
Honeydew Melon	½ cup	4	June-October
Kiwi fruit	1	4	Year round, Peak November-May

Fruit	One serving is	Servings per pound	Best time to buy
Lemons, limes	1	4	Year round, peak May-October
Mango	1 medium or ½ cup	4	April-September
Oranges, Tangerines	1	4	Year round, peak April-September
Papaya	½ cup or ⅓ whole	4	Year round
Peaches, Nectarines	1	4	July-August
Pears	1	3 - 5	August-October
Persimmon	1	3	September-December
Pineapple	½ cup, cubed	3	Year round, peak March-June
Plums	2	4	May-October
Raspberries, Blackberries	½ cup	4	June-October
Rhubarb	½ cup	4	April-June
Strawberries	½ cup, sliced	5	March-July
Watermelon	½ cup	4	May-August