

This page was adapted from the government's website on the latest food pyramid.  
<http://www.mypyramid.gov/pyramid/fruits.html#>

## What foods are in the fruit group?

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All fruit or 100% fruit juice are part of the fruit group.

Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Whole fruits are better than juice. Also remember that most of the fiber and a lot of the nutrition is located in or just beneath the skin so eat the skins whenever possible.

Some commonly eaten fruits are:

### Apples

Apricots  
Avocado  
Bananas

### Berries:

strawberries  
blueberries  
raspberries  
cherries

### Grapefruit

Grapes  
Kiwi fruit  
Lemons  
Limes  
Mangoes

### Melons:

cantaloupe  
honeydew  
watermelon

### Mixed fruits: fruit cocktail

Nectarines  
Oranges  
Peaches  
Pears  
Papaya  
Pineapple  
Plums  
Prunes  
Raisins  
Tangerines

### 100% Fruit juice:

orange  
apple  
grape  
grapefruit

For in depth information on food products including fruits and vegetables go to the government database and search for that product. It is a large database but does not contain every food item. You may have to use your own judgment to guesstimate nutritional information for a specific item.

<http://www.nal.usda.gov/fnic/foodcomp/search/>