

# FRUITS!



## Fun Facts:

Tomatoes are a fruit, not a vegetable, which makes them one of the most popular fruits in the world.

On average, 1 strawberry has 200 seeds.

An apple tree can produce 400 apples a year.

Kiwis have 2x the amount of vitamin C than an orange!

## Nutrition:

Fruits are low in calories and fat and are a source of simple sugars, fiber, and vitamins. Fruits are packed with vitamins, minerals, antioxidants and many phytonutrients (Plant-derived micronutrients) which helps the human body be fit, rejuvenate, and free of diseases!

## Ways to eat Fruit:

- Enjoy fruit raw, in its natural form.
- Mix many fruits together to create a vitamin-packed fruit salad!
- Slice multiple fruits in small, bite sized pieces and add to wooden skewers to create fruit kabobs!