



FRUIT IS NOT THE ENEMY

The popularity of the ‘no sugar’ diet is resulting in many individuals avoiding fruit altogether due to the misconceptions around sugar in fruit.

While regular consumption of refined sugars in lollies and soft drink can be harmful, fruit has many health benefits. In this factsheet, we explore why fruit **should** be included as part of a healthy, balanced diet.

WHAT ARE THE BENEFITS OF EATING FRUIT?

Fruit is naturally low in fat, sodium and calories. When consumed as recommended, it has many health benefits, including its role in reducing cholesterol levels, lowering the risk of cardiovascular disease and aiding in gut health and digestion.

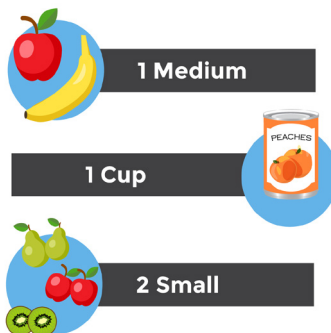
Fruit is an excellent source of **fibre**. A medium-sized piece of fruit (such as apple, orange or pear) contains between **3-4g** of fibre. This helps lower the rate at which the sugar is released into the body, resulting in more stabilised energy levels.

Fruit is also rich in a variety of other vitamins and minerals such as **vitamin C, folate, potassium and antioxidants**, which all contribute towards good health and immunity.

Comparatively, refined sugar products are high in sugar, contain nil fibre and very little nutrients. These products are often referred to as ‘**empty calories**’.

HOW MUCH IS TOO MUCH?

While fruit has many benefits, moderation is always recommended. The Australian Guide To Healthy Eating suggests consuming **2 serves** of fruit per day. One serve of fruit is equal to:



WHAT ABOUT FRUIT JUICE AND DRIED FRUIT?

While it is difficult to consume excess amounts of sugar from fruit, the sugar content of juice and dried fruit is much higher. When fruit is dried, only the water is removed. Although dried fruit is smaller in size, it **contains the same amount of sugar** as if it were fresh. This also means it is easier to consume larger amounts, which can lead to unintentionally exceeding your daily sugar threshold without realising.

This is also true for fruit juice. One glass of orange juice may contain approximately three oranges. Given that only the fibre is removed, this would mean the sugar concentration is increased.

Therefore, dried fruit and fruit juice should only be consumed in small

amounts due to having a higher sugar content compared to fresh fruit.

5 TIPS TO ADD MORE FRUIT TO YOUR DIET

1 AIM FOR TWO SERVINGS PER DAY

One serving is equal to one medium sized fruit, two smaller fruit or one cup of berries.

2 CHOOSE WHOLE FRUIT

Fruit juice or dried fruit have higher amounts of sugar compared to whole fruit.

3 INCLUDE A VARIETY OF FRUIT

Each fruit contains different vitamins and minerals. Aim to eat a range of different fruits each day and choose a variety of colours.

4 HAVE FROZEN FRUIT AVAILABLE

Frozen fruit contains similar nutrient value to fresh, and works as a good alternative if fresh fruit is not available.

5 KEEP VISIBLE REMINDERS

Have a fruit bowl on the table or counter will help serve as a reminder in meeting the recommendations of two servings of fruit per day.