



## FEATURED ITEM

### Wild Alaska Pollock

#### Nutrition Facts

Serv. Size: 1 each 6.7 oz. (191g)

Servings per case: About 59

Amount Per Serving

**Calories 390**

% DV\*

**Total Fat 16g** 21%

Sat. Fat 1.5g 8%

TransFat 0g

**Cholest. 70mg** 23%

**Sodium 580mg** 25%

**Total Carb. 36g** 13%

Fiber 4g 14%

Sugars 31g

**Protein 26g**

Vitamin D 2% \* Potassium 10%

Calcium 2% \* Iron 15%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

## Why eat fruit?



Eating fruit provides many health benefits—people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a lower risk for some chronic diseases.

Fruits are sources of many important nutrients that most people don't get enough of, including potassium, fiber, vitamin C and folate. Most fruits are naturally low in fat, sodium and calories. No fruits have cholesterol. Different types of fruit give us different nutrients that are important for health, which is a good reason to “eat the rainbow” – or eat a variety of different colored fruits.

Eating a diet that is rich in fruits and vegetables may help prevent heart attacks, strokes and certain types of cancers. Certain fruits are high in vitamin C, which is important for our blood vessels, for healing cuts and wounds, and for our teeth and gums. Some fruits are high in potassium, which helps keep our blood pressure low.



**Fruits high in vitamin C:** Oranges, grapefruit, mango, melons, and strawberries.

**Fruits high in potassium:** Bananas, peaches, apricots, cantaloupe, honeydew melon and orange juice

The fruit group includes whole fruits and 100% fruit juice. Whole fruits can be fresh, canned, frozen or dried. Canned fruits should be canned in 100% fruit juice or options that are low in added sugars. Whole fruits can be cut, sliced, diced, cubed or pureed (as in applesauce). Whole fruits are high in fiber which helps keep our digestion healthy and lowers blood cholesterol. Diets high in fiber may lower the risk of heart disease, obesity and diabetes.

Although 100% juice comes from only fruit, most of the fruit we eat should come from whole fruit. This is because when fruit is juiced, much of the fiber is removed and the natural sugar gets concentrated. For instance, one glass of orange juice can contain the sugar from 3 to 4 oranges! Fiber helps the natural sugars in fruit to be absorbed more slowly and helps keep our energy and blood sugar stable.



*Adapted from the United States Department of Agriculture's Dietary Guidelines for Americans and MyPlate and contributed by the Washington State Department of Health.*

