



Fruit – Fresh, Frozen, and Canned

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
20 cups OR 30	medium-sized fruits	5 L

Fruit and serving suggestions

Dark green, orange, and red:	Other:
apricots – fresh, canned, sauce	apples – fresh, sauce
blueberries – fresh, frozen	avocado – fresh
cantaloupe – fresh	bananas – fresh, mashed
cherries – fresh, canned	fruit cocktail, canned
mandarins – fresh, canned	grapefruit, fresh
mangoes – fresh	grapes – fresh
nectarine – fresh	honeydew – fresh
oranges – fresh	kiwis – fresh
papayas – fresh	pears – fresh, canned, sauce
peaches – fresh, canned	pineapple – fresh, canned
raspberries – fresh, frozen	plums – fresh
strawberries – fresh, frozen	watermelon – fresh

Tips

- Serve a variety of fruit throughout the week.
- Choose frozen fruit without added sugar.
- Choose canned fruits that are not packed in syrup.

Preschool Portion Size Guide:
Fresh: ½ - 1 medium-sized fruit
Frozen: ¼ - ½ cup
Canned: ¼ - ½ cup

Nutrition Information

Serving 60 - 125 mL
(¼ - ½ cup)

Nutrition information varies depending on the type of fruit used.

Food Guide Servings

½ - 1 Vegetable & Fruit

