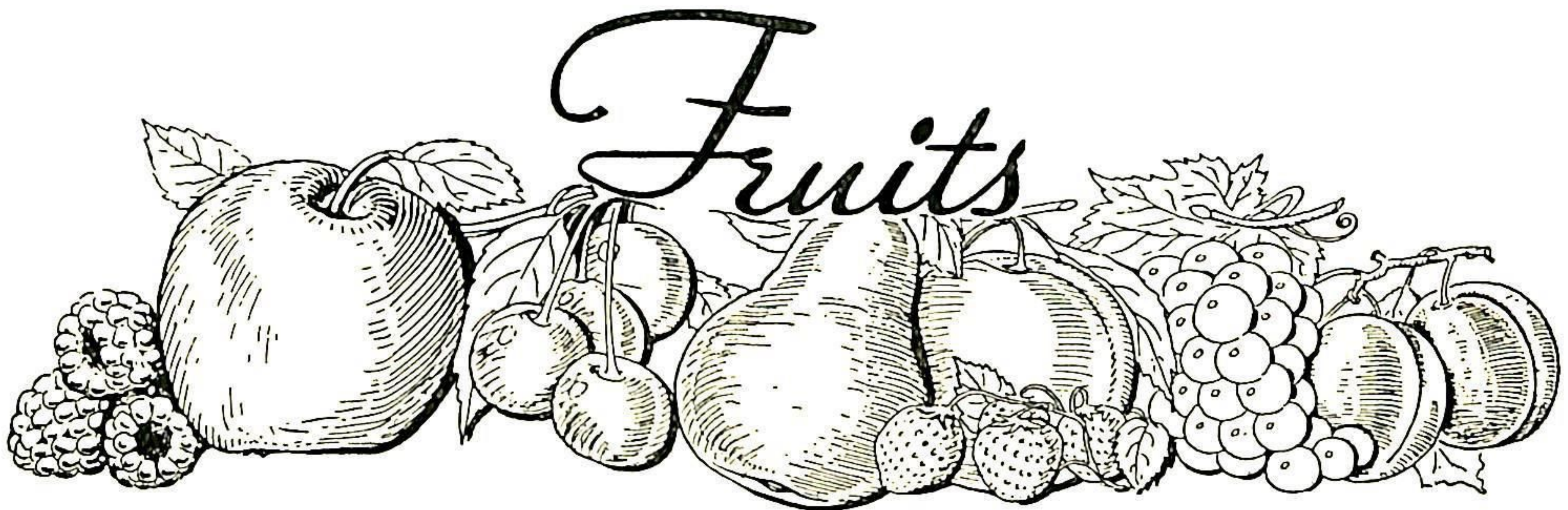


Ontario Department of Agriculture Women's Institute Branch



Fruits in all forms, fresh, dried, canned and cooked, supply abundantly certain food materials required by the body for health and growth. Moreover, fruits are a delight to the eye and a spur to the appetite. They deserve a prominent place in the menu.

Why Should We Eat Fruits?

Because they:

Furnish minerals.

Are an excellent source of vitamins — especially "C".

Aid in the elimination of body waste.

Supply some sugar.

Have an alkaline reaction and so help to maintain the normal neutrality of the blood. Cranberries, plums and prunes are exceptions, as they do not have this alkaline reaction.

Are excellent appetizers and give variety to the diet.

CHIEF SOURCES OF VITAMINS IN FRUITS

Vitamin A	Vitamin B1	Vitamin B2	Vitamin C
Prunes	Grapefruit	Apples	Grapefruit
Tomatoes	Lemons	Banana	Lemons
Banana	Oranges	Grapefruit	Oranges
Peaches	Pineapple	Lemons	Tomatoes
Canteloupe	Pears	Oranges	Strawberries
Oranges	Tomatoes	Pears	Raspberries
Pineapple	Prunes	Canteloupe	Canteloupe
Strawberries	Canteloupe	Tomatoes	Peaches
Lemons	Peaches		Pineapple
Grapefruit	Banana		Apples
Apples	Apples		Banana
Grapes	Grapes		Cranberries
	Strawberries		Grapes
			Pears
			Rhubarb