#### Fruits A serving size = 1/2 cup

1/2 cup raw, cooked - 1 small apple ( 2 1/2" diameter = 1 cup), applesauce, banana, cherries (6), grapes (16), honeydew melon, pineapple, plums, raspberries, watermelon (6 melon balls)

1/2 cup 100% fruit juice

1/4 cup dried fruit - raisins (1 1/2 oz), cherries, figs (good iron source), cherries, cranberries, blueberries and more

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