

Five to Nine Servings for Good Health

Everyone should get into the habit of eating 5 to 9 servings of fruits and vegetables per day for optimum health and to reduce their chance for contracting illness and disease. Fortunately, this possibility can be easily obtained if you include fresh fruits and vegetables as well as dried fruits and frozen veggies in your meal planning.

Apricots Contain the Lowest Calories Content

Fruits are naturally low in calories. However, dried fruits are more caloric because most of the water content has been removed. Nevertheless, you just have to remember to eat half what you'd normally consume in a fresh fruit for weight control purposes. So, which fruits weigh in with the lowest calorie content? Some of the lowest-calorie fruits are *apricots, watermelon, strawberries, apples, plums, quince, and peaches*

. A half-cup of fresh apricots contains only about 17 calories while dried apricots are still low in calories and contain 42 calories for 5 halves.

Taking a Calorie Count

Watermelon is next in caloric content among fresh fruits and contains about 23 calories in a half-cup while strawberries, for the same portion size, contain around 25. Apples, too, have about the same calories as strawberries and plums and quince each hold about 30 calories for a half-cup portion. Peaches contain the most calories in this grouping (although not many), and are composed of 33 calories for half a cup.

Fruits and Vegetables Give you a Nutritional Advantage

Fruits truly provide maximum nutrition and help keep people slim and trim no matter what their age. As you get older, fruits are especially important as your metabolism slows. Therefore, you need to choose foods with a low caloric content which can also satisfy your requirements nutritionally. Fruits definitely offer this kind of advantage. Therefore, with respect to menu planning, both vegetables and fruits should be integral parts of your diet.

Energy from Carbs

What's more, the fat content of most all fruits is less than one percent with the exception of the avocado, which can vary between less than 5 percent to more than 20 percent. Therefore, the calories in fruits or vegetables are directly related to carbohydrate content as both have little in the way of fat or protein. As a result, carbohydrates factor heavily into the amount of energy that is used.

The Lowest Calorie Foods: Fruits and Vegetables

Many fruits and vegetables have fewer calories than the equal weights of other kinds of foods. However, before the discovery of vitamins, both fruits and vegetables, except for potatoes, were considered luxuries. They were seen as good sources of minerals but were not included significantly in the daily diet until, as mentioned, scientists discovered vitamins. From that time, fruits, in particular, because of their vitamin content, have been seen as important nutrition for warding off disease and keeping slim. Whether you eat fruits dried or fresh, they are essential sustenance. Make them a regular part of any meal plan.

**Fruittrade supplies dried fruits, such as nectarines and peaches, which offer quick nutrition and energy for anyone on the go.*