**Quiz**

1. Fruit juice can count for one cup of fruit per day. Why do recommendations limit how much juice you get?
   1. Because people who make nutrition recommendations are heartless.
   2. Because unlike a piece of fruit, fruit juice doesn’t have the fiber that manages your body’s response to the sugar in the juice.
   3. Because juice has a lot of calories.
   4. Because super heroes drink only water.

Answer: B. Because unlike a piece of fruit, fruit juice doesn’t have the fiber that manage your body’s response to the sugar in the juice. All fruit has sugar, but the fiber in the fruit keeps your body from being bombarded with a surge of sugar. When fruit is made into juice, that fiber is stripped away, and you get a rush of sugar. Juice still has other vitamins and minerals, so you don’t have to stop drinking it completely. Just keep to one cup a day.

1. True or False: Frozen fruit contains the same nutritional value as fresh fruit.

Answer: True. Frozen fruit is one way to get fruit all year ‘round. Sometimes, it can also be cheaper than fresh.

1. If you want to buy canned fruit, what type of liquid should it be packed in?
   1. Heavy syrup
   2. Light syrup
   3. 100% juice or water
   4. nothing

Answer: C. 100% juice or water. Fruits canned in syrup have a lot of extra sugar added, which adds extra calories. This is even true for lite syrup. Look for fruits canned in 100% fruit juice or water for a delicious, year-round treat without added sugar and calories.

1. Fruits are generally good sources of which vitamins and minerals?
   1. potassium
   2. vitamin C
   3. folate
   4. all of the above

Answer: D. all of the above. Fruits are great sources of all kinds of different vitamins and minerals. Grab some fruit today and get your nutrients!