

MODULE 2 | LESSON 6

THE 411 ON FRUIT

Katie Rodriguez, Nutritional Consultant



IS FRUIT AN ESSENTIAL PART OF A
HEALTHY DIET?



NUTRITIONAL NERD BREAK

Paleoanthropological evidence supporting ancestral consumption of fruits:

- Paleoanthropologist's found bits of date stuck in the teeth of a 40,000-year-old Neanderthal.
- Archaeologists have uncovered evidence of 780,000-year-old figs at a site in Northern Israel, as well as olives, plums and pears from the Paleolithic era.

Our ancestral menu was limited by...

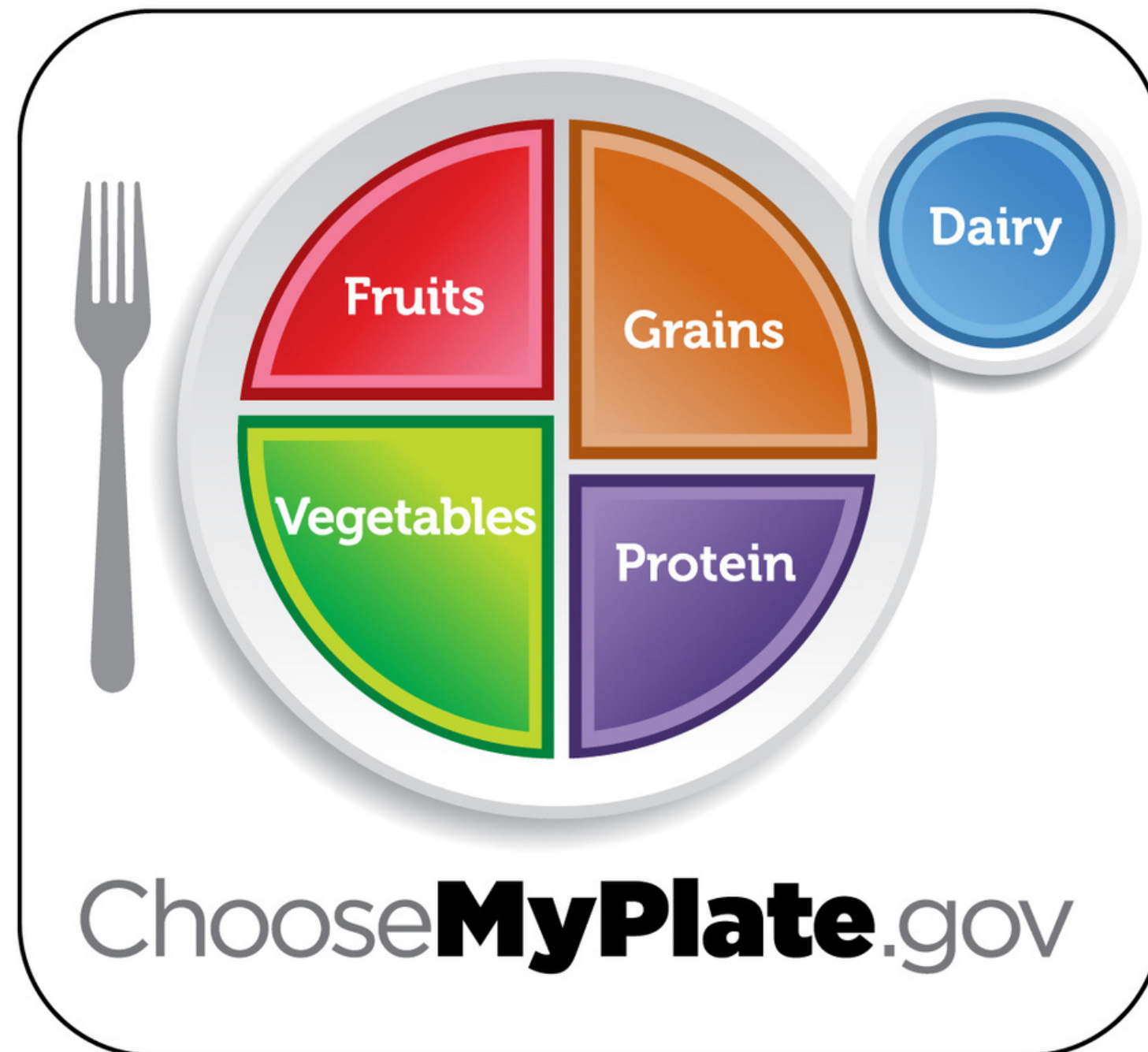
- ✓ **Seasons**
- ✓ **Geography**
- ✓ **Naturally Occurring Quantities**



FRUITS WERE MODERATELY
CONSUMED, ACCORDING TO
NATURAL AVAILABILITY.

Modern day fruit is not bred for its nutritional content as much as it is for size and sweetness.





My Plate

ENCOURAGES US TO FILL HALF OF OUR PLATE WITH FRUITS AND VEGGIES

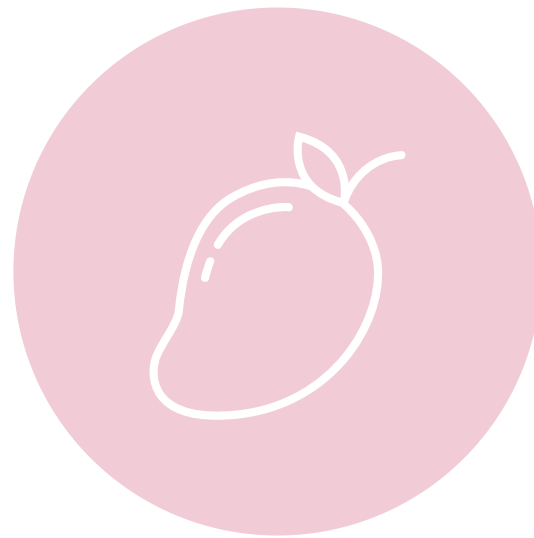
- **Adults:** 2 cups of fruit per day

SEEMS REASONABLE ENOUGH



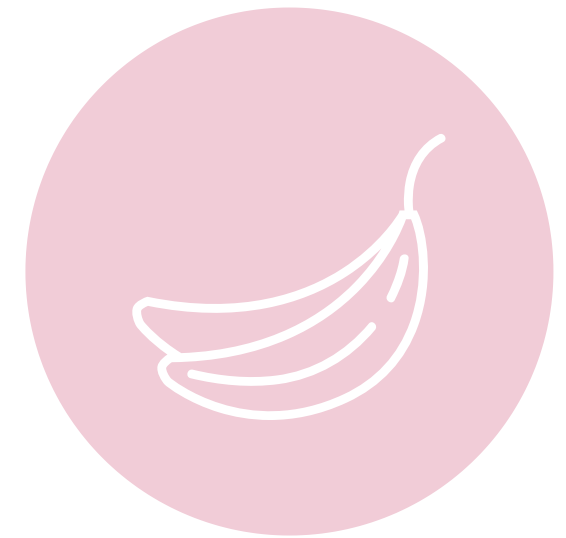
Cranberry Juice

2 cups Ocean Spray
Cranberry Juice =
64 grams of sugar



Raw Mango

2 cups raw mango =
44g sugar



Fresh Banana

2 cups sliced banana =
36g sugar

YEA, BUT IT'S FRUCTOSE.

“Virtually every cell in the body can use glucose for energy. In contrast, only liver cells break down fructose. What happens to fructose inside liver cells is complicated. One of the end products is triglyceride, a form of fat. Uric acid and free radicals are also formed. None of this is good...”

-HARVARD HEALTH BLOG

YEA, BUT WHAT ABOUT THE
NUTRIENTS?



How Many Donuts are Hiding in This?

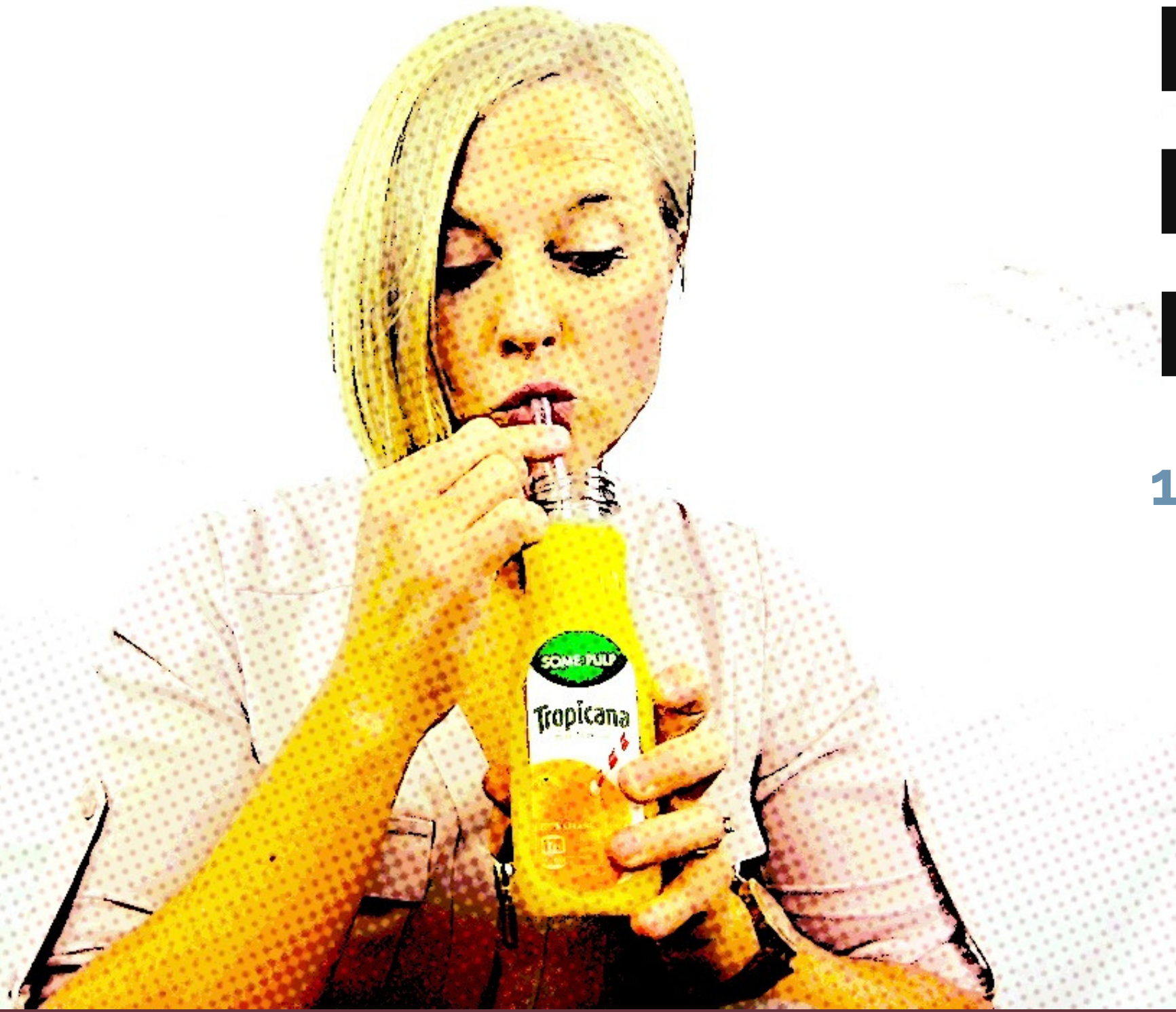
15OZ NAKED GREEN MACHINE



How Many Donuts are Hiding in This?

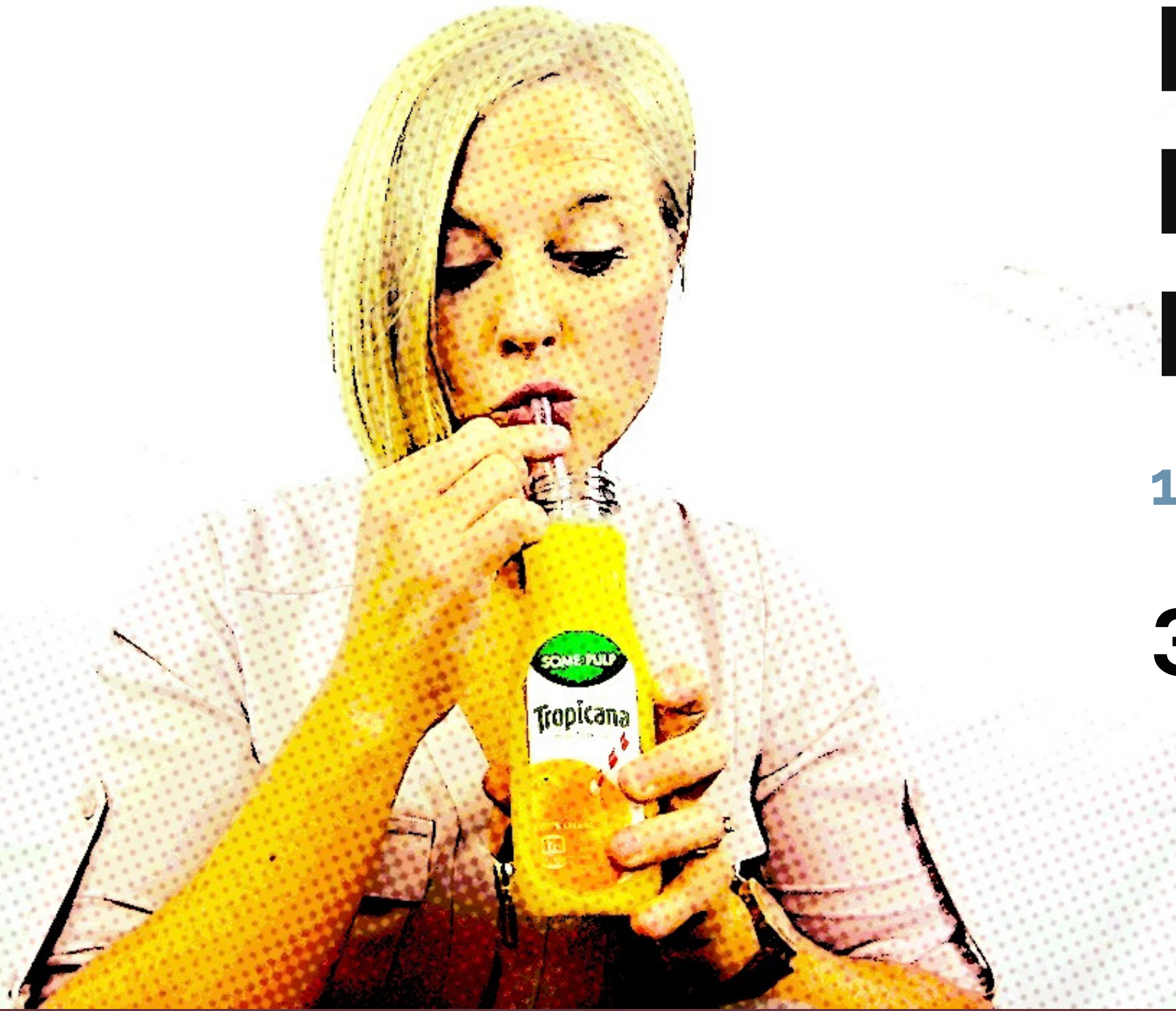
15OZ NAKED GREEN MACHINE

4 Donuts!



How Many Donuts are Hiding in This?

12OZ TROPICANA OJ



How Many Donuts are Hiding in This?

12OZ TROPICANA OJ

3 Donuts!



How Many Donuts are Hiding in This?

1 FRESH BANANA



How Many Donuts are Hiding in This?

1 FRESH BANANA

1 Donut!



How Many Donuts are Hiding in This?

8OZ UNSWEETENED, ORGANIC DRIED MANGO



How Many Donuts are Hiding in This?

8OZ UNSWEETENED, ORGANIC DRIED MANGO

10 Donuts!



How Many Donuts are Hiding in This?

ORGANIC RAISINS



How Many Donuts are Hiding in This?

ORGANIC RAISINS

2 Donuts!

THERE'S NO SUCH THING AS "GOOD SUGAR."

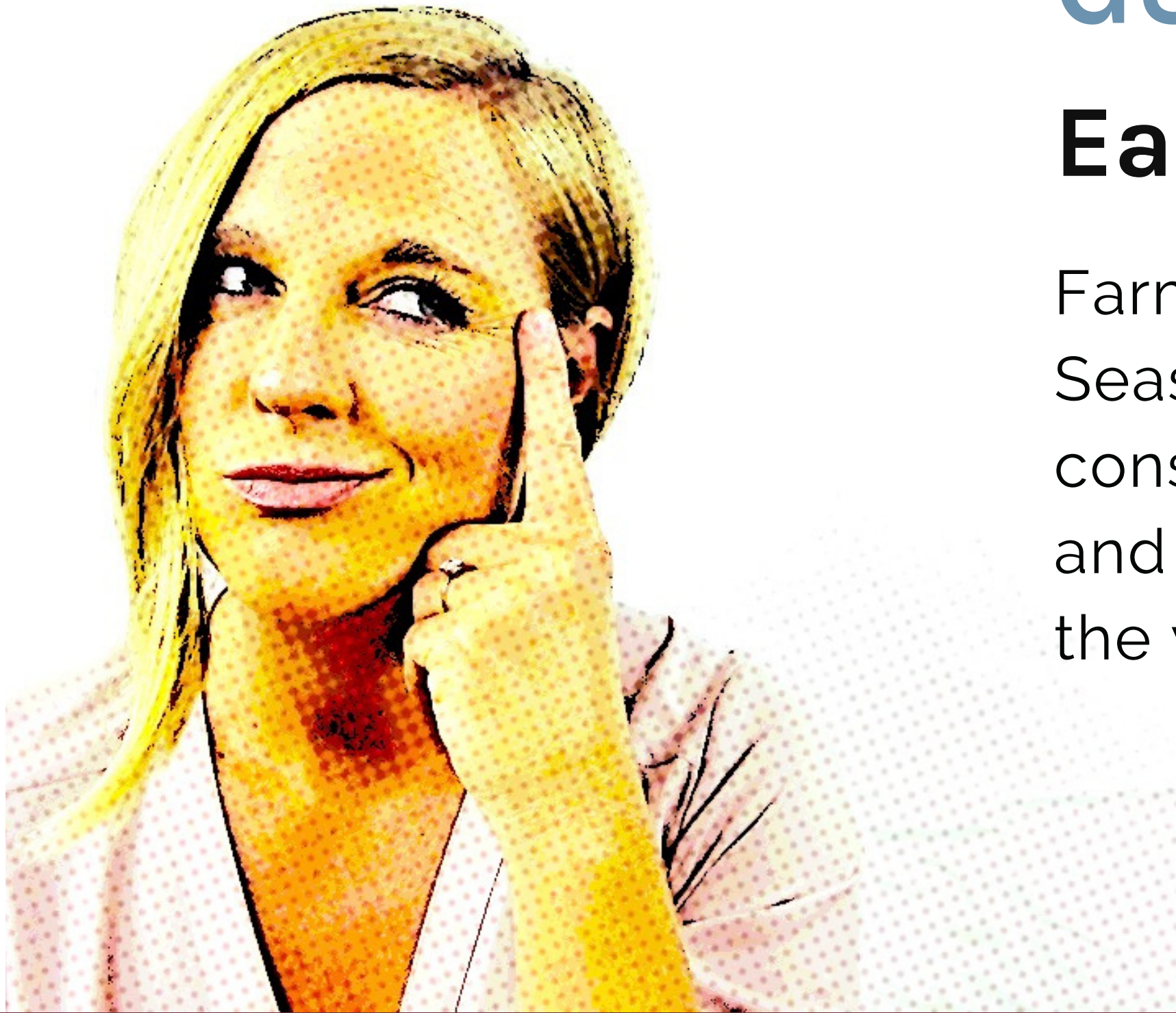


EAT FRUIT IN MODERATION AND
CONSUME IT CONSCIOUSLY.

4 Guidelines to Skillfully Selecting Fruit

1. Eat seasonally
2. Support local
3. Consume moderately
4. Reach for low-sugar varieties





GUIDELINE #1

Eat Seasonally

Farmers cultivate what's in season. Seasonal eating ensures you will consume foods at their peak taste and at naturally beneficial times of the year.



GUIDELINE #2

Support Local

Buying from local farmers means less travel time for the produce, which means a more nutritionally complete product for you.



GUIDELINE #3

Consume Moderately

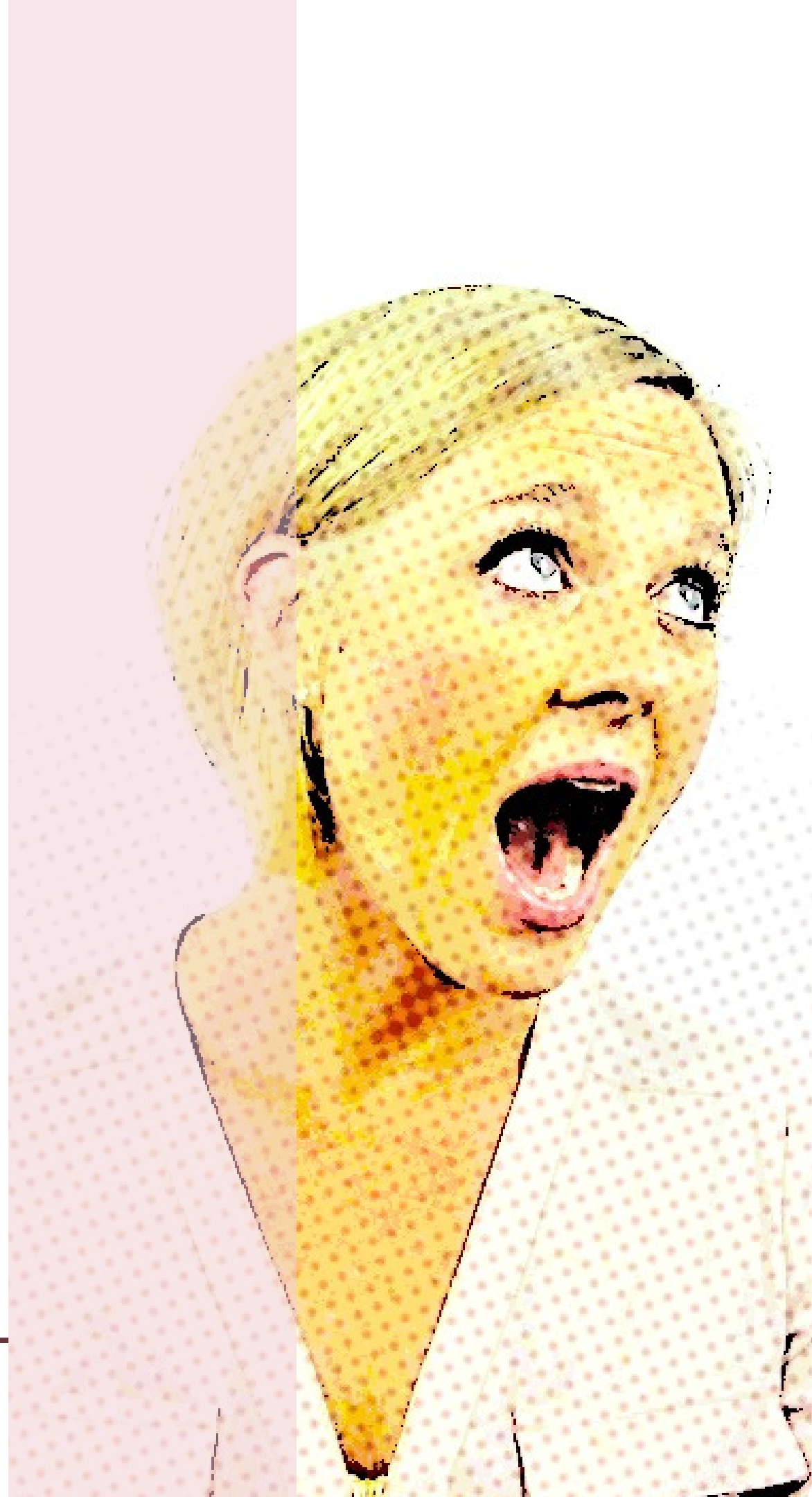
While small amounts of fructose in the diet are totally reasonable, the quantity of current fructose consumption is outrageous.



GUIDELINE #4

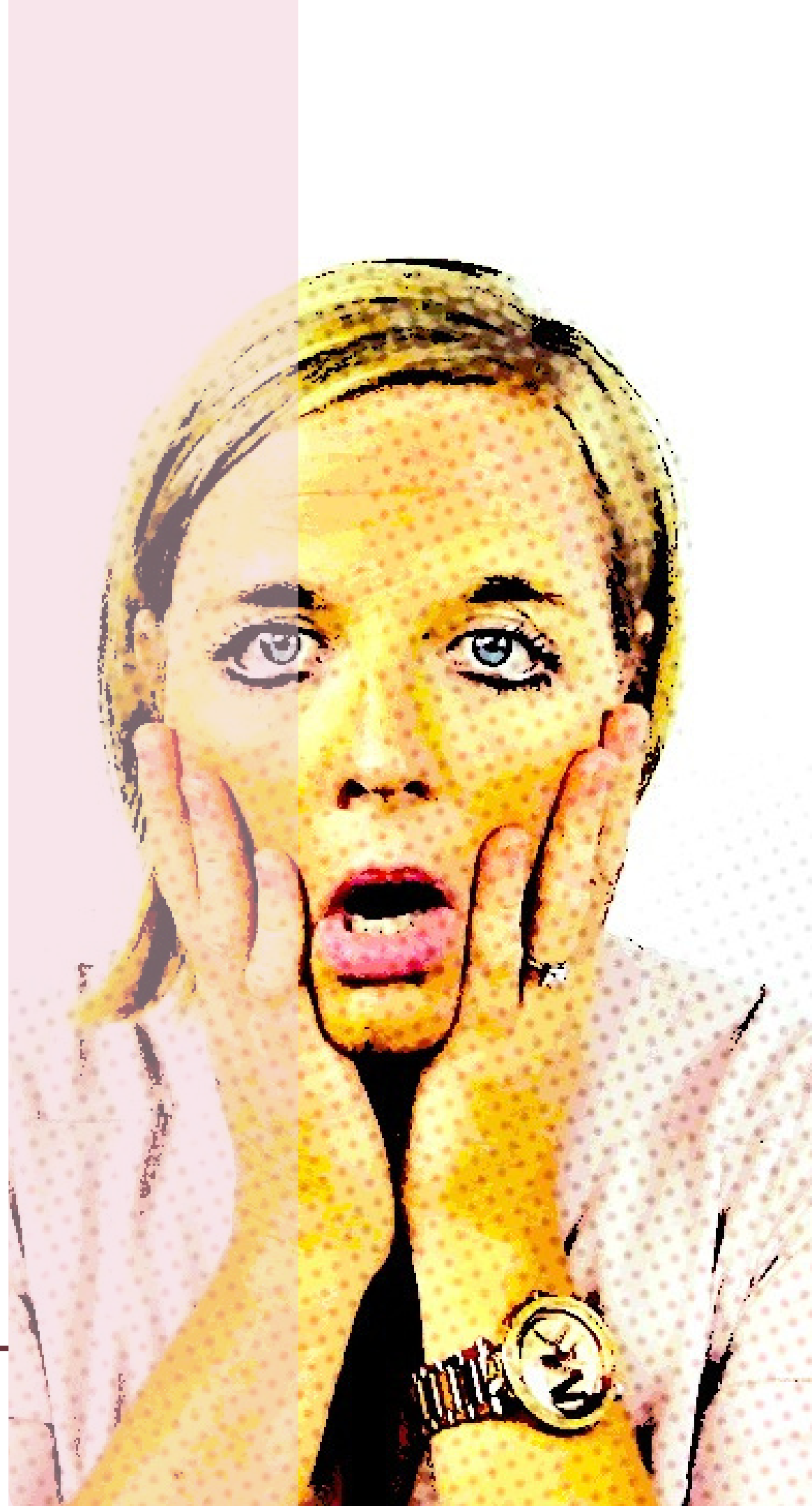
Reach for Low-Sugar Varieties

We all know fruits contain a wide variety of vitamins and minerals as well as antioxidants. However, it's important to be aware of their sugar content as well.



BEST OF FRUITS

- **1 lemon** = 0g sugar
- **1 lime** = 1g sugar
- **1 medium avocado** = 1g sugar
- **½ cup cranberries** = 2g sugar
- **½ fresh coconut** = 3g sugar
- **1 cup raspberries** = 5g sugar
- **1 cup strawberries** = 7g sugar
- **1 cup blackberries** = 7g sugar
- **½ cup blueberries** = 8g sugar
- **1 medium heirloom tomato** = 7g sugar
- **1 kiwi** = 8g sugar
- **1 medium grapefruit** = 9g sugar



WORST OF FRUITS

- **1 cup figs** = 29g sugar
- **1 cup mango** = 23g sugar
- **1 cup tangerine slices** = 21g sugar
- **1 cup sweet cherries** = 18g sugar
- **1 cup pineapple** = 16g sugar
- **1 apple** = 16g sugar
- **1 cup grapes** = 15g sugar
- **1 medium banana** = 14g sugar
- **½ cup pomegranate seeds** = 13g sugar
- **1 medium orange** = 12g sugar

SURPRISED?

4 Forms of Fruit to be Cautious of

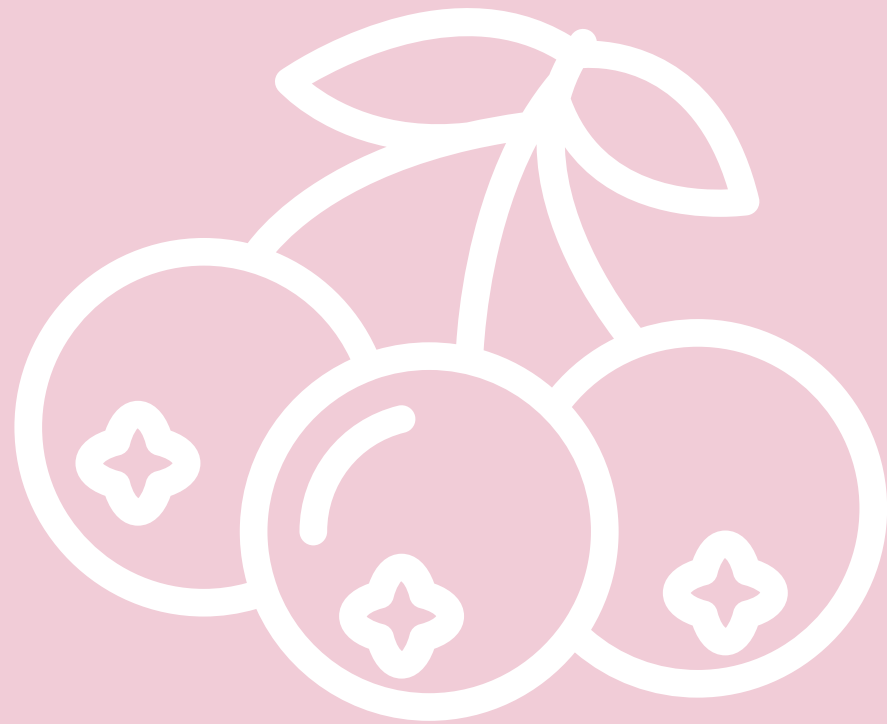
- 1. Dried**
- 2. Canned**
- 3. Frozen**
- 4. Fruit Juice**



HEARD ENOUGH OF THE BAD NEWS?

The image features a solid pink rectangular background. In the center, there are three concentric white rainbows, each consisting of a thick white arc. The word "SUPERFRUITS!" is written in a black, sans-serif, all-caps font across the middle of the rainbows.

SUPERFRUITS!



SUPERFRUITS

- **Goji Powder** — rich in antioxidants,
- **Camu Berry** — excellent source of vitamin C
- **Cacao Powder** — excellent source of magnesium, high in fiber
- **Lucuma Powder** — naturally sweet, quality source of niacin (B3)
- **Goldenberry** —loaded with antioxidants
- **Mulberry** — great source of potassium and vitamin K
- **Maqui Berry** — antioxidant superstar
- **Açaí Berry** — quality source of omegas

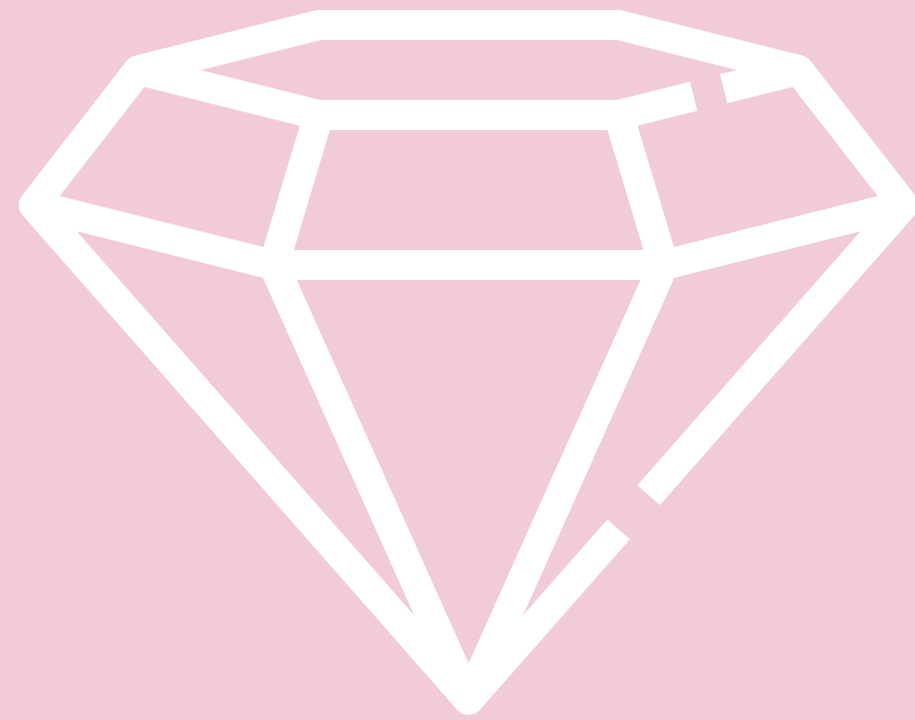


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TAKE ACTION!

**Purchase one superfruit
and begin experimenting.**

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