

# Get the Facts - Eating Fruit...

**Myth:**

You need to eat fruit to be healthy.

**Fact:**

This is one of my favorites only because people automatically assume I must eat tons of fruits and veggies. On the contrary, I personally have never eaten a fruit other than apples. This is just one of those childhood myths like Santa Claus, cereal as a balanced breakfast, milk making you grow faster, cursive as necessary for your future.

Let's break it down a little. When asking why fruits are good for you most people say vitamins and minerals.

Take a banana per say. Here is the breakdown of the nutrients in a banana:

The most significant of these values are Vit C, B6, potassium, and manganese.

This looks pretty good but look at at the second set of nutrition facts:

Vitamins			Minerals		
Amounts Per Selected Serving		%DV	Amounts Per Selected Serving		%DV
Vitamin A	144 IU	3%	Calcium	11.3 mg	1%
Vitamin C	19.6 mg	33%	Iron	0.6 mg	3%
Vitamin D	~	~	Magnesium	60.8 mg	15%
Vitamin E (Alpha Tocopherol)	0.2 mg	1%	Phosphorus	49.5 mg	5%
Vitamin K	1.1 mcg	1%	Potassium	806 mg	23%
Thiamin	0.1 mg	5%	Sodium	2.3 mg	0%
Riboflavin	0.2 mg	10%	Zinc	0.3 mg	2%
Niacin	1.5 mg	7%	Copper	0.2 mg	9%
Vitamin B6	0.8 mg	41%	Manganese	0.6 mg	30%
Folate	45.0 mcg	11%	Selenium	2.3 mcg	3%
Vitamin B12	0.0 mcg	0%	Fluoride	5.0 mcg	
Pantothenic Acid	0.8 mg	8%			
Choline	22.0 mg				
Betaine	0.2 mg				

The second is just a plain potato. Overall it beats bananas, the kings of potassium, in every mineral except selenium and fluoride and almost every vitamin. But what about calories and macronutrients you ask? Great question. Potatoes admittedly have more carbs and calories HOWEVER, there is significantly less sugar. Also, the carbs in a potato are starches energy for a longer span of time. the banana. This is just one example that does a nice job illustrating this concern.

Vitamins			Minerals		
Amounts Per Selected Serving		%DV	Amounts Per Selected Serving		%DV
Vitamin A	29.9 IU	1%	Calcium	44.8 mg	4%
Vitamin C	28.7 mg	48%	Iron	3.2 mg	18%
Vitamin D	~	~	Magnesium	83.7 mg	21%
Vitamin E (Alpha Tocopherol)	0.1 mg	1%	Phosphorus	209 mg	21%
Vitamin K	6.0 mcg	7%	Potassium	1600 mg	46%
Thiamin	0.2 mg	13%	Sodium	29.9 mg	1%
Riboflavin	0.1 mg	8%	Zinc	1.1 mg	7%
Niacin	4.2 mg	21%	Copper	0.4 mg	18%
Vitamin B6	0.9 mg	46%	Manganese	0.7 mg	33%
Folate	83.7 mcg	21%	Selenium	1.2 mcg	2%
Vitamin B12	0.0 mcg	0%	Fluoride	~	
Pantothenic Acid	1.1 mg	11%			
Choline	44.2 mg				
Betaine	0.6 mg				

which, as discussed last issue, will provide more ALSO, there is more protein and less fat than

One final note, most fruit get anywhere from 80-100% of its calories from fructose, a simple sugar with little nutritional significance other than fast energy.

**Conclusion:**

Regardless of what mom told you, fruits are not a part of a balanced breakfast and quite possibly have more sugar than the cereal you would eat with it. Unless, you really need more selenium or fluoride, put down the banana, apple, or pear and pick up a protein bar, peanut butter sandwich, or even a nice juicy potato.