

# Dried Fruit

**CREATE**  
HEALTHY CHOICES



- ¼ cup of most dried fruits is equal to 1 serving of fruit.
- Makes a healthy snack for a quick source of energy.
- High in insoluble fiber, which may help relieve constipation.
- Add dried fruit to oatmeal, baked goods, salads, or homemade trail mixes.

**CREATE** SNAP-ED  
**BETTER HEALTH**

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