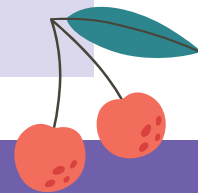


Fruit Alphabetical List



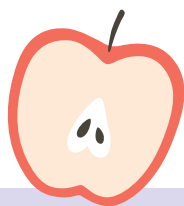
When you want to increase your intake of fruit, alphabetical lists can be a helpful tool. By using a list you can easily check off the products that you have used during the month.



Ways to Use a Fruit Alphabetical List

For preschool and elementary teachers introducing different fruit, alphabetical lists can help to integrate the different fruit with the letter of the alphabet or sound being studied. Homeschool parents may want to have their children eat a lunch of all A fruits, for example, when learning the letter A.

- Acai
- Apples
- Apricots
- Avocado
- Ackee
- Bananas
- Bilberries
- Blueberries
- Blackberries
- Boysenberries
- Bread fruit
- Cantaloupes
- Chocolate-Fruit
- Cherimoya
- Cherries
- Cranberries
- Cucumbers
- Currants
- Dates
- Durian
- Eggplant
- Elderberries
- Figs
- Gooseberries
- Grapes
- Grapefruit
- Guava
- Honey Dew melons
- Horned melon (Kiwano)
- Huckleberries
- Ita Palm
- Jujubes
- Kiwis
- Kumquat
- Lemons
- Limes
- Lychees
- Mangos
- Mangosteen
- Mulberries
- Muskmelon
- Nectarines
- Ogden melons
- Olives
- Oranges
- Papaya
- Passionfruit
- Peaches
- Pears
- Peppers
- Persimmon
- Pineapple
- Plums
- Pluot
- Pomegranate
- Prickly Pear
- Quince
- Rambutan
- Raspberries
- Rose Apple
- Starfruit
- Sapadilla
- Strawberries
- Tamarind
- Tangelo
- Tangerines
- Tomatoes
- Ugli fruit
- Voavanga (Spanish Tamarind)
- Watermelons
- Xigua melon
- Yellow watermelon
- Zucchini



Although some of the produce on the list is often listed amongst vegetables everything on this list is a fruit. A fruit is the fleshy part of any plant that contains the seeds. There is much more fruit than can be compiled on this, or any other list. Be sure to try new varieties of fruit when you can and eat the recommended five a day. Try smoothies as a way to get more fruit in your diet.

A Fruit or a Vegetable?

