

How to Buy Fresh Fruits		
Fruit	Choose	Avoid
Apples	Firm texture, bright color, mature fruit	Immaturity, overripeness, bruises, shriveled skin
Apricots	Plump, juicy, with uniform color; fruit that yields to slight pressure	Soft, mushy fruit (overripe); pale, greenish-yellow fruit (underripe)
Avocados	Slightly soft, yields to gentle pressure	Dark, sunken spots; cracked or broken surface
Bananas	Firm, bright color, free from defects	Fruit that is bruised or discolored, dull skin
Blueberries	Dark blue with silvery bottom, plump, dry, free from defects	Shriveled and discolored skin; brown, soft flesh
Cherries	Bright color; plump, firm fruit	Soft, spongy, shriveled or discolored fruit
Grapefruit	Well-shaped, firm fruits; heavy for size	Soft, discolored areas
Grapes	Bright color, plump, firmly attached to stem	Soft, wrinkled or leaking fruit
Lemons	Bright color, smooth skin, heavy for size	Dull color, shriveled skin, soft spots
Limes	Glossy skin, heavy for size	Dull, dry skin; soft spots
Melons		
- Cataloupe and Persian	Stemless, thick veining, yellowish rind, pleasant aroma	Soft spots, bright yellow rind
- Honeydew	Faint, pleasant aroma; pale yellow to creamy colored rind; slight softening at blossom end	Dead white or greenish colored rind, overly hard fruit, soft areas
- Watermelon	Smooth outer surface, rounded ends, bright flesh that is firm and juicy	Pale colored flesh, dry or watery flesh
Oranges	Bright color, heavy for size	Lightweight; dry, dull skin; soft spots
Peaches	Flesh that is still slightly firm or becoming soft, creamy ground color between red areas	Very firm, greenish skin, soft bruised spots
Pears	Firm flesh, color characteristic of variety	Very hard, immature fruit, soft or bruised spots
Pinapples	Pleasant aroma; slight separation of eyes; leaf easily removed from top; yellowish-	Dry, dull yellowish-green skin; bruises; soft spots; unpleasant odor
Plums	Fairly firm to slightly soft, good color for variety	Overly hard, overly soft, brown or shriveled areas
Raspberries and Blackberries	Bright, uniform color; plump, tender cells	Hard; irregular color; soft leaky fruit; no stems
Strawberries	Bright red, firm flesh; dry; clean; cap attached	Soft, moldy, large, seedy, uncolored spots
Tangerines	Deep yellow-orange color, bright luster	Pale, green skin; soft or cut spots