PERSIMMONS

November

Circle all meals with yellow/orange fruits and vegetables in them.

- How many did you find?
- What is your favorite yellow/orange fruit? Yellow/orange vegetable?
- Why are yellow/orange fruits and vegetables healthy for the body?
EAT YOUR PERSIMMONS

Exploring New Fruits and Vegetables

- List 4 fruits and 4 vegetables you would like to try.

  Fruits                                  Vegetables
  1. __________________________  1. __________________________
  2. __________________________  2. __________________________
  3. __________________________  3. __________________________
  4. __________________________  4. __________________________

- Use the calendar below and place an X in the box for each day you tried one of the fruits or vegetables from your list.

<table>
<thead>
<tr>
<th>WEEK</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
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- Share the results with your family.

  1. How many new fruits and vegetables did you try?
  2. Which were your favorites?
  3. What is the color group of each new fruit and vegetable you tried? (Red, yellow/orange, green, white/tan/brown, blue/purple)

Nutrition Facts

Serving Size: 1 medium persimmon (168g)
Calories 118 Calories from Fat 3

% Daily Value
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 2mg 0%
Total Carbohydrate 31g 10%
Dietary Fiber 6g 24%
 Sugars 21g
Protein 1g

Vitamin A 55%  Calcium 1%
Vitamin C 21%  Iron 1%

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a colorful variety of fruits and vegetables every day – red, yellow/orange, white, green and blue/purple. Persimmons are in the yellow/orange group.

- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples are:
  - Persimmons, pumpkins, yellow figs, tangerines, sweet potatoes, yellow peppers, wax beans, loquats, yellow potatoes, yellow squash and corn.

How Much Do I Need?

A serving of persimmons is one medium fruit. This is about the size of a baseball. Eat a colorful variety of fruits and vegetables throughout the day.

Recommended Daily Amounts of Fruits and Vegetables*

<table>
<thead>
<tr>
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<th>Kids, Ages 5-12</th>
<th>Teens, Ages 13-18</th>
<th>Adults, 19+</th>
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<tbody>
<tr>
<td>2½ - 5 cups per day</td>
<td>3½ - 6½ cups per day</td>
<td>3½ - 6½ cups per day</td>
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</tbody>
</table>

*If you are active, try to eat the higher number of cups per day. Visit www.mypyramid.gov/kids to learn more.

EAT THE RAINBOW!

Eat YOUR PERSIMMONS

This material was funded by USDA's Food Stamp Program through the California Nutrition Network for Healthy, Active Families. This institution is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Health Services 2006.