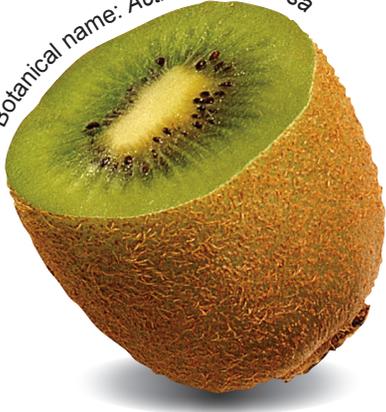


Harvest of the Month



Network for a Healthy California

Botanical name: *Actinidia deliciosa*



KIWIFRUIT

Count how many meals on the menu have a green fruit or vegetable in them.

- How many did you find?
- How many kiwis did you find?
- What is your favorite green fruit or vegetable?

COOL KIWI ACTIVITIES

Nutrition Facts

Serving Size: ½ cup kiwifruit, sliced (90g)

Calories 55 Calories from Fat 1

% Daily Value

Total Fat	0g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrate	13g	4%
Dietary Fiber	3g	11%
Sugars	8g	
Protein	1g	
Vitamin A	2%	Calcium 3%
Vitamin C	139%	Iron 2%



Fruit Scramble

Unscramble the following letters to spell the name of a fruit.
(answers are at the bottom of this page)

- | | |
|----------------------|---------------------|
| 1. trapico _____ | 9. truiprafge _____ |
| 2. plape _____ | 10. prage _____ |
| 3. nabaan _____ | 11. arpe _____ |
| 4. besrelibuer _____ | 12. fwiikrtui _____ |
| 5. sheerric _____ | 13. penur _____ |
| 6. lmup _____ | 14. graeno _____ |
| 7. tead _____ | 15. meli _____ |
| 8. ifg _____ | 16. yrrebpsar _____ |

Reasons to Eat Kiwis

A ½ cup of sliced kiwis has lots of vitamin C and vitamin K. Vitamin C helps your body heal cuts and wounds and also helps lower the risk of infection. Eating kiwis is a good way to get fiber. Kiwis also have potassium, folate, beta-carotene, and lutein.

Vitamin C Champions*:

Bell peppers, broccoli, citrus fruits, cantaloupe, kiwis, mustard greens, and strawberries.

*Vitamin C Champions are a good or excellent source of vitamin C.

How Much Do I Need?

A ½ cup of sliced kiwis is about the size of one medium kiwi. This is about one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how many cups you need to eat. Write it down and share it with your family. Make a plan together on how you can eat your fruits and vegetables and be active every day.

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

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

Artist's Corner

Pick your favorite fruit from the Fruit Scramble above and draw it in this space.

Answers: 1. apricot, 2. apple, 3. banana, 4. blueberries, 5. cherries, 6. plum, 7. date, 8. fig, 9. grapefruit, 10. grape, 11. pear, 12. kiwifruit, 13. prune, 14. orange, 15. lime, 16. raspberry



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips.
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