Harvest of the Month

Network for a Healthy California

Botanical name: *Persea americana*

AVOCADOS

Circle all meals that have a green fruit or vegetable in them.

- How many did you find?
- What is your favorite green fruit or vegetable?
- Do you like avocados?
- What is your favorite way to eat avocados?

EAT AVOCADOS

Green Fruit Word Search

Can you find these green fruits in the word search puzzle? Look up, down, backwards, and diagonally.

Apple
Avocado
Cherimoya
Gooseberry
Grapes
Honeydew
Kiwi
Lime
Pear

O Z K W P J Q S T I U R F Y S
S L I B K J R W V N B P W X C
E L W E G E T Q O X E Y V I H
P H I H R W K W E M I L P R E
A L A P P L E C W E S G J H R
R F D S N D I T O M A T O E I
G P A T Y L O R I Z X E P B M
B E Y E M A V O C A D O R T O
G A N K D H E A L T H P Q L Y
J O Q O K B G S E H R A E P A
H Y V G O O S E B E R R Y S T

There is a hidden word in this puzzle. Answer this clue to find the word in the puzzle: *Fruits and vegetables are good for my* _____ .

Answer: health

Nutrition Facts

Serving Size: ½ cup avocado, sliced (73g)
Calories 117 Calories from Fat 89

	% Daily Value
Total Fat 11g	16%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 5g	20%
Sugars 0g	
Protein 1g	
Vitamin A 2%	Calcium 1%
Vitamin C 12%	Iron 2%

Reasons to Eat Avocados

A ½ cup of sliced avocados will give you lots of fiber and monounsaturated fat (healthy fat). Your body needs healthy fats to make cells and to help absorb certain vitamins. Eating avocados is also a good way to get vitamin C, vitamin B_6, folate, potassium, and vitamin K.

Healthy Fat Champions*:

Avocados, canola oil, nuts, olives, olive oils, and some cold water fish varieties (salmon, rainbow trout, cod, halibut, canned light tuna).

*Healthy Fat Champions are a good or excellent source of healthy fats, such as monounsaturated and polyunsaturated fat.

How Much Do I Need?

A ½ cup of sliced avocados 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. Find out how many cups you need to eat every day. (Hint: See chart below.) Think of ways you can eat the right amount by adding fruits and vegetables to your meals and snacks. Share your ideas with your family so they can help you reach your goals. And remember to be active for at least 60 minutes 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.

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Network for a Healthy California

CDPH California Department of Public Health

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