

# Harvest of the Month

Network for a Healthy California

Botanical name: *Prunus salicina*



## PLUMS

**Circle all meals that have stone fruits in them (plums, peaches, apricots, cherries).**

- How many meals did you circle?
- How many meals have plums?
- What is your favorite stone fruit?

# EAT YOUR PLUMS

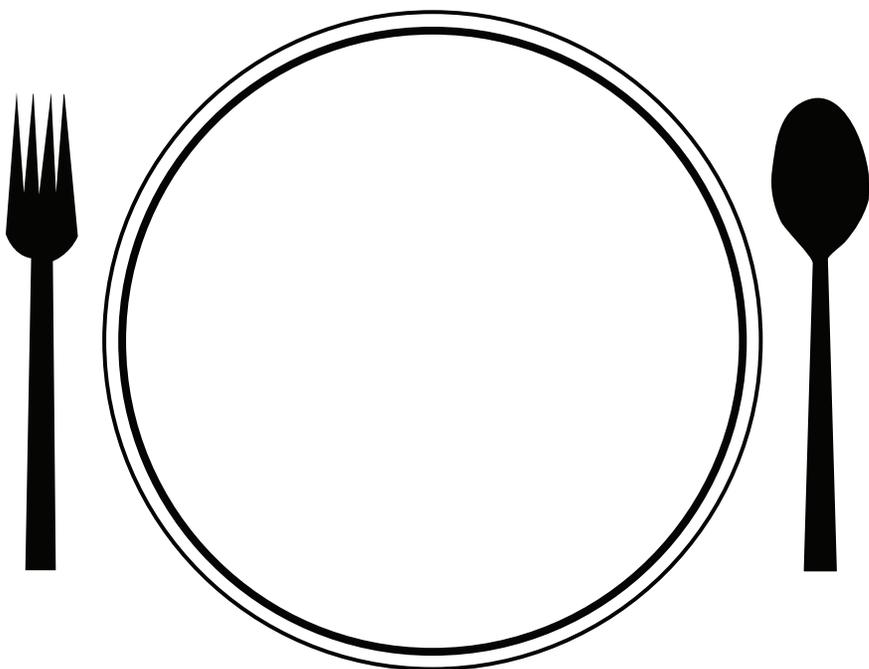


## Nutrition Facts

Serving Size: 1 medium plum (66g)	
Calories 30	Calories from Fat 2
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 0g	
Vitamin A 5%	Calcium 0%
Vitamin C 10%	Iron 1%

## What's on Your Plate?

Use the plate below to draw one of your favorite meals.



1. How many fruits are in your meal? \_\_\_\_\_
2. How many vegetables are in your meal? \_\_\_\_\_
3. If you have less than two fruits and/or vegetables in your meal, which fruits or vegetables could you add?

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## Reasons to Eat Plums

Eating one medium-sized plum is a good way to get vitamin C. Vitamins are nutrients that help your body grow and function. Vitamin C helps your body heal cuts and stay strong.

### Vitamin C Champions:\*

Bell peppers, broccoli, cauliflower, peaches, plums, and strawberries.

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

## How Much Do I Need?

One medium-sized plum is about a ½ cup of fruit. 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. And don't forget to get at least 60 minutes of physical activity every day!

## Recommended Daily Amounts of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Boys</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Girls</b>	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](http://www.mypyramid.gov/kids) to learn more.

