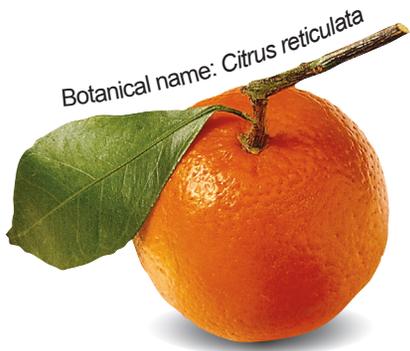


Harvest of the Month

Network for a Healthy California



MANDARINS

**Circle all meals with
citrus fruits in them.**

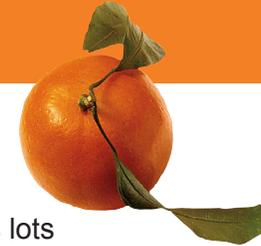
- How many different types of citrus fruits are being served?
- How many are fresh? Canned? Juices?
- What is your favorite citrus fruit?

EAT YOUR MANDARINS

Nutrition Facts

Serving Size: ½ cup tangerine, sections (98g)
 Calories 52 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	7%
Sugars 10g	
Protein 1g	
Vitamin A 13%	Calcium 4%
Vitamin C 43%	Iron 1%



Get Your Power Play!

It is important to be active at least 60 minutes every day. It will help you grow strong, stay healthy, and feel good. Use the calendar below (or make your own) to track how much time you are active every day.

1. Write down any activities you do before, during, and after school. At the end of the day, add up your total number of minutes.
2. Place a star in the last row if you met your goal of 60 minutes of physical activity. *Remember: more is better!*

TIME	BEFORE SCHOOL	AT SCHOOL	AFTER SCHOOL	TOTAL MINUTES	I MET MY GOAL!
SAMPLE	Walked dog (10 min.)	Played ball at recess (25 min.)	Walked to park, swept floors, danced with mom. (40 min.)	75	★
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					

Reasons to Eat Mandarins

One medium mandarin has lots of vitamin C and is a good way to get vitamin A. Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection and getting sick. Your body needs vitamin C every day.

Vitamin C Champions*:

Bell peppers, broccoli, cantaloupe, cauliflower, citrus fruit (mandarins, oranges, grapefruit), kiwifruit, mustard greens, and strawberries.

*Vitamin C Champions are a good or excellent source of vitamin C (at least 10% Daily Value).

How Much Do I Need?

A ½ cup of mandarins is about one medium fruit or 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. Eat a variety of colorful fruits and vegetables throughout the day to help you get the nutrients your body needs. It is important to also get at least 60 minutes of physical activity every day! Look at the chart below to find out how many cups of fruits and vegetables you need. Make a list of fruits and vegetables you like. Ask a parent to help you start adding them to meals and snacks.

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.



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2010.

