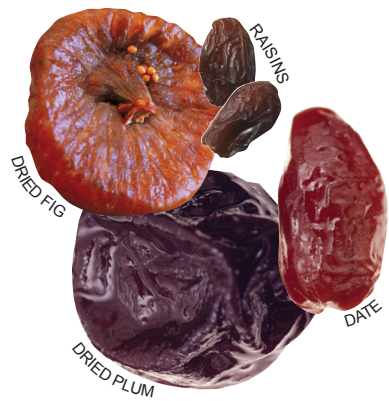


# Harvest of the Month

Network for a Healthy California



## DRIED FRUIT

**Circle all meals with  
dried or canned fruit.  
Underline all meals  
with 100% fruit juice.**

- How many meals did you find?
- What is your favorite kind of dried fruit? Canned fruit?
- Draw a star next to the meals you plan to eat this month.

# EAT DRIED FRUIT

## Fruits and Vegetables Keep You Healthy!

Eating a variety of fruits and vegetables every day is good for your health. Look at the chart below. Find the fruits and vegetables you like to eat. Draw a circle around them. Then, answer these questions. (answers below)

1 List three fruits and vegetables that help keep your heart healthy.

2 How does dried fruit help keep you healthy?

3 Which fruits or vegetables will you try to eat more? Why?

Nutrient	Champion foods*:	Why it is good for your body:
Vitamin A	Carrots, cooked greens, pumpkin, spinach, and sweet potatoes	Helps keep your vision good, fights infections, and keeps your skin healthy.
Vitamin C	Broccoli, cauliflower, citrus fruits, kiwifruit, leafy greens, melons, and peppers	Helps your body heal cuts and wounds and lowers your risk of infection.
Fiber	Beans, berries, dried fruit, peas, whole wheat cereals and breads, and winter squash	Helps you feel full and maintain normal blood sugar levels.
Potassium	Avocados, beans, kiwifruit, papayas, spinach, Swiss chard, and winter squash	Helps keep your heart and nervous system healthy.

\*Champion foods are a good or excellent source of the nutrient (provide at least 10% Daily Value).

Answers: 1. Avocados, beans, kiwifruit, papayas, spinach, Swiss chard, and winter squash. 2. Dried fruit has fiber, which helps you feel full and maintain normal blood sugar levels.

## Reasons to Eat Dried Fruit:

Eating dried fruit – like plums, dates, and figs – is a good way to get fiber. Dried fruit is also a source of potassium. Potassium is a mineral that helps your brain tell your muscles when to move.



## Nutrition Facts

Serving Size: ¼ cup dried plums (44g)  
Calories 104      Calories from Fat 1

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 17g	
Protein 1g	
Vitamin A 7%	Calcium 2%
Vitamin C 1%	Iron 2%

## Potassium Champions\*:

Avocados, beans, kiwifruit, papayas, spinach, Swiss chard, and winter squash.

\*Potassium Champions are a good or excellent source of potassium (provide at least 10% Daily Value).

## How Much Do I Need?

- A ¼ cup of dates is about five to six dates.
- A ¼ cup of dried plums is about five dried plums.
- A ¼ cup of figs is about four to five figs.
- A ¼ cup of raisins is about one small box.

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. Eating the recommended amount of fruits and vegetables and getting at least 60 minutes of physical activity every day can help you be healthy and grow strong.

## 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](http://www.mypyramid.gov/kids) to learn more.



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