A+ FOR AVOCADO

Green Fruit Word Search
Can you find all of these green fruits? Look up, down, backwards and diagonally.

Apple  Gooseberry  Kiwi
Avocado  Grapes  Lime
Cherimoya  Honeydew  Pear

Eat the Rainbow!
Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Avocados are in the green color group.

- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples are:
  - Avocados, limes, green grapes, honeydew melon, asparagus, cherimoya, celery root, cucumbers and zucchini.

How Much Do I Need?
A serving of avocados is one-quarter cup sliced avocado. This is about one-fifth of a medium avocado. Eat a variety of colorful fruits and vegetables throughout the day to reach your total daily needs.

Recommended Daily Amounts of Fruits and Vegetables*

<table>
<thead>
<tr>
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<th>Kids, Ages 5-12</th>
<th>Teens, Ages 13-18</th>
<th>Adults, 19+</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>2½ - 5 cups per day</td>
<td>3½ - 6½ cups per day</td>
<td>3½ - 6½ cups per day</td>
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*If you are active, try to eat the higher number of cups for your age. Visit www.mypyramid.gov to learn more.

This material was funded by USDA’s Food Stamp Program through the California Nutrition Network for Healthy, Active Families. This institution is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Health Services 2006.