EAT YOUR DRIED FRUITS

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.

Look at the lists below. Find the color groups for dates, dried figs, dried plums and raisins. Draw a circle around them. (answers below)

HINT: Some fruits are in more than one color group.

1. Name all the color groups where dates and dried figs are found.

2. Why do dried plums help to keep us healthy?

3. Raisins are found in the ____________________________

and ____________________________ color groups.

How Much Do I Need?

A serving of dried fruits is about one quarter cup. Remember to eat a variety of colorful fruits and vegetables throughout the day. It will help you reach your total daily needs. (See chart below.)

- A quarter cup of dates is about five to six dates.
- A quarter cup of dried figs is about five dried figs.
- A quarter cup of dried plums is about four to five figs.
- A quarter cup of raisins or a small box.

**Recommended Daily Amounts of Fruits and Vegetables**

<table>
<thead>
<tr>
<th>Color Groups</th>
<th>This color group helps maintain:</th>
<th>Examples of fruits and vegetables in this color group:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red</td>
<td>A healthy heart and memory function</td>
<td>Persimmons, pomegranates, cranberries, currants, beets and red cabbage</td>
</tr>
<tr>
<td>Yellow/Orange</td>
<td>A healthy heart, vision and immune system</td>
<td>Yellow figs, golden raisins, persimmons, dried apricots and sweet potatoes</td>
</tr>
<tr>
<td>White/Tan/Brown</td>
<td>A healthy immune system and healthy cholesterol levels</td>
<td>Dates, dried figs, bananas, Asian pears, onions, leeks and cauliflower</td>
</tr>
<tr>
<td>Green</td>
<td>Vision health and strong bones and teeth</td>
<td>Dried green apples, pears, kiwis, leafy greens, turnips and peas</td>
</tr>
<tr>
<td>Blue/Purple</td>
<td>Healthy aging and memory function</td>
<td>Dried plums, raisins, Zante currants, blueberries and eggplants</td>
</tr>
</tbody>
</table>

*If you are active, try to eat the higher number of cups per day. Visit [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids) to learn more.

Source: [www.californiadriedplums.org](http://www.californiadriedplums.org)

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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.