EAT YOUR TOMATOES

More Tomato Fun
Find your way through the edible maze. Then color in the variety of fruits and vegetables.

Eat the Rainbow!
Fruits and vegetables come in a rainbow of colors. Eat a colorful variety of fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Tomatoes can be red, yellow or green.

- Red fruits and vegetables help maintain a healthy heart and memory function. Examples are:
  - Red tomatoes, red apples, pink grapefruit, red peppers, radishes and beets.
- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples are:
  - Yellow tomatoes, yellow pears, cantaloupes, pumpkin, yellow peppers, rutabagas and butternut squash.
- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples are:
  - Green tomatoes, green apples, green grapes, honeydew, Chinese cabbage, green beans and zucchini.

How Much Do I Need?
A serving of tomatoes is about one cup chopped tomato. This is about two cupped handfuls. If you cannot eat this much, try a smaller amount. It will help you to reach your total amount of fruits and vegetables for the day.

Recommended Daily Amounts of Fruits and Vegetables*

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<th>Children, Ages 5-12</th>
<th>Teens, Ages 13-18</th>
<th>Adults, 19+</th>
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<tbody>
<tr>
<td>Cups per day</td>
<td>2½ - 5</td>
<td>3½ - 6½</td>
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*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.


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.