

EAT YOUR PERSIMMONS

Nutrition Facts

Serving Size: ½ medium persimmon (84g)	
Calories 59	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 16g	5%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 0g	
Vitamin A 27%	Calcium 1%
Vitamin C 11%	Iron 1%



FUYU



HACHIYA

Exploring New Fruits and Vegetables

List four fruits and four vegetables you would like to try.

Fruits	Vegetables
1.	1.
2.	2.
3.	3.
4.	4.

Use the calendar below and place an X in the box for each day you tried at least one of the fruits or vegetables from your list.

Week	MON	TUES	WED	THURS	FRI	SAT	SUN
1							
2							

Share the results with your family and answer these questions.

1. How many new fruits and vegetables did you try? _____

2. Which are your favorites? _____

Reasons to Eat Persimmons

Half of a medium persimmon has lots of vitamin A. Eating persimmons is also a good way to get fiber and vitamin C. Persimmons have many antioxidants like beta-carotene, which turns into vitamin A in the body. Vitamin A helps maintain good vision, fight infection, and keep skin healthy.

Beta-Carotene Champions*:

Cantaloupe, carrots, mangos, papayas, persimmons, pumpkin, spinach, and sweet potatoes.

*Champion sources provide a rich source of beta-carotene.

How Much Do I Need?

Half of a medium persimmon is about one cupped handful of sliced persimmons. This is about a ½ cup of fruit. The amount of fruits and vegetables you need depends on your age, if you are a boy or a girl, and how active you are every day. All forms count toward your daily needs – fresh, frozen, canned, and dried. Write down a list of fruits and vegetables you will eat to reach your daily amount. (See chart below.) And remember to get at least 60 minutes of activity every day.

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 food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2010.

