

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

O Z K W P J Q S T I U R F Y S
 S L I B K J R W V N B P W X C
 E L W E G E T Q O X E Y V I H
 P H I H R W K W E M I L P R E
 A L **A P P L E** C W E S G J H R
 R F D S N D I T O M A T O E I
 G P A T Y L O R I Z X E P B M
 B E Y E M A V O C A D O R T O
 G A N K D H E A L T H P Q L Y
 J O Q O K B G S E H R A E P A
 H Y V G O O S E B E R R Y S T



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*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

*If you are active, try to eat the higher number of cups for your age. Visit www.mypyramid.gov to learn more.

Nutrition Facts

Serving Size: ¼ cup avocado, sliced (30g)	
Calories 50	Calories from Fat 39
% Daily Value	
Total Fat 5g	7%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 1g	
Vitamin A 1%	Calcium 0%
Vitamin C 4%	Iron 1%

Source: www.nutritiondata.com

