

EAT YOUR CABBAGES

Nutrition Facts

Serving Size: 1 cup raw sandy cabbage, shredded (70g)
Calories 19

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	9%
Sugars 2g	
Protein 1g	
Vitamin A 14%	Calcium 2%
Vitamin C 36%	Iron 2%

Source: www.nutritiondata.com

What Am I?

Draw a line from the clue to the correct fruit or vegetable. (answers below)

- Before I became a box of raisins, I was a bunch of...
- I'm a vegetable that is good for your eyesight. I grow under the ground. Usually I'm orange, but I can be purple, too!
- When I'm fully grown, I can have a big head. I'm a leafy vegetable and can be green or purple.
- I look like a fuzzy, little ball. Eat my green fruit insides with a spoon. I have lots of Vitamin C and potassium.
- I'm crunchy with lots of Vitamin C and fiber. Some think I look like a little green tree.
- I'm usually red. Some think I'm a vegetable but I'm not. I have lots of Vitamin C and lycopene.



Grapes



Carrot



Kiwi



Cabbage



Tomato



Broccoli

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. Cabbages are in the green and blue/purple color groups.

- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples are:
 - Green cabbage, Chinese cabbage, kale, collard greens, cactus leaf, okra, mustard greens, bok choy, broccoli, chirimoya, kiwifruit and apples.
- Blue/purple fruits and vegetables help maintain memory function and healthy aging. Examples are:
 - Purple cabbage, eggplants, figs, raisins and dried plums.

How Much Do I Need?

A serving of cabbage is one cup raw shredded leaves (about two cupped handfuls). When cooked, this is about one-half cup. If you cannot eat this much, start with a smaller amount. Try to reach your total number of cups each day.

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 per day. Visit www.mypyramid.gov/kids to learn more.

Adapted from: Community Youth Organization Idea & Resource Kit, California Children's 5 a Day — Power Play! Campaign, 2005.

tomato (1) kiwi (2) carrot (3) cabbage (4) broccoli (5) tomato (6) kiwi (7)

Arizona Nutrition Network



This material was adapted from the California Nutrition Network for Healthy Active Families. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.