

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.



Nutrition Facts	
Serving Size: 1/4 cup dried plums (40g)	Calories 110
Calories from Fat 0	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	10%
Sugars 13g	
Protein 1g	
Vitamin A 5%	Calcium 2%
Vitamin C 4%	Iron 3%

Source: www.californiadriedplums.org

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

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.

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

Answers: 1. yellow/orange and white/tan/brown; 2. Dried plums help us maintain healthy aging and memory function; 3. yellow/orange, blue/purple

