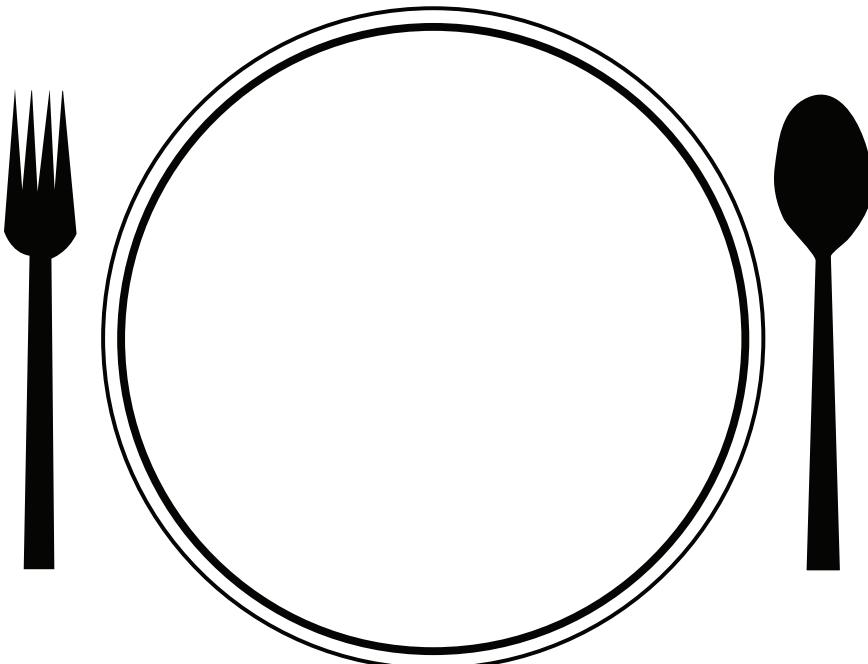


# EAT YOUR PLUMS

## What's on Your Plate?

Use the plate below to draw one of your favorite meals.



1. How many fruits are in your meal? \_\_\_\_\_

2. How many vegetables are in your meal? \_\_\_\_\_

3. If you have less than two fruits and/or vegetables in your meal, which fruits or vegetables could you add?  
\_\_\_\_\_  
\_\_\_\_\_



## Nutrition Facts

Serving Size: 1 medium plum (66g)  
Calories 30      Calories from Fat 2

|                       | % Daily Value |
|-----------------------|---------------|
| Total Fat 0g          | 0%            |
| Saturated Fat 0g      | 0%            |
| Trans Fat 0g          |               |
| Cholesterol 0mg       | 0%            |
| Sodium 5mg            | 0%            |
| Total Carbohydrate 8g | 3%            |
| Dietary Fiber 1g      | 4%            |
| Sugars 7g             |               |
| Protein 0g            |               |
| Vitamin A 5%          | Calcium 0%    |
| Vitamin C 10%         | Iron 1%       |

## Reasons to Eat Plums

Eating one medium-sized plum is a good way to get vitamin C. Vitamins are nutrients that help your body grow and function. Vitamin C helps your body heal cuts and stay strong.

### Vitamin C Champions:<sup>\*</sup>

Bell peppers, broccoli, cauliflower, peaches, plums, and strawberries.

<sup>\*</sup>Vitamin C Champions are a good or excellent source of vitamin C.

## How Much Do I Need?

One medium-sized plum is about a  $\frac{1}{2}$  cup of fruit. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how many cups you need. And don't forget to get at least 60 minutes of physical activity every day!

## Recommended Daily Amounts of Fruits and Vegetables\*

|       | Kids,<br>Ages 5-12  | Teens and Adults,<br>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](http://www.mypyramid.gov/kids) to learn more.

