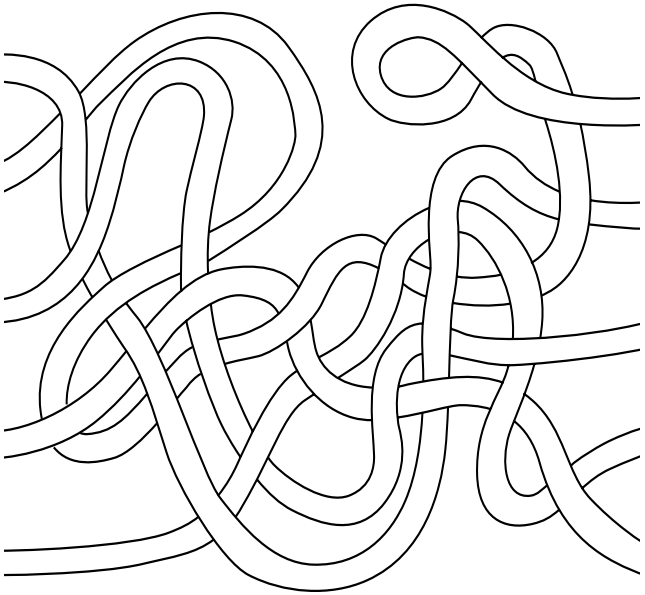
ALL ABOUT MELONS

Eat Your Vitamins and Minerals

Vitamins and minerals help you grow and stay healthy. Guide each vitamin or mineral (on the left) through the mazes to find out which jobs they do (on the right). *(answers below)*

1. *Iron*
2. *Vitamin C*
3. *Vitamin A*
4. *Potassium*
5. *Calcium*



A. I help to form bones, fight infections and heal wounds.

I am _____.

B. I carry oxygen in the blood to all your body's parts.

I am _____.

C. I help you to see better, especially at night.

I am _____.

D. I build strong bones and teeth and help your muscles work.

I am _____.

E. I help your heart beat and muscles move.

I am _____.

1. B; 2. A; 3. C; 4. E; 5. D

Adapted from: University of Nevada Cooperative Extension, 2005.

Eat the Rainbow!

Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Melon can be in the yellow/orange, green and red color groups.

- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples are:
  - Cantaloupe, casaba melon, sugar melon, piel de sapo melon, mango, carrots, corn, and yellow peppers.
- Red fruits and vegetables help maintain a healthy heart and memory function. Examples are:
  - Watermelon, strawberries, raspberries, cherries, rhubarb, tomatoes, radishes and beets.
- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples are:
  - Honeydew melon, Crenshaw melon, Chinese bitter melon, horned melon, green grapes, spinach, broccoli and zucchini.

Nutrition Facts

Serving Size: 1/2 cup cantaloupe, cubed (80g)

Calories 27 — Calories from Fat 1

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	3%
Sugars 6g	
Protein 1g	

Vitamin A 54% — Calcium 1%

Vitamin C 49% — Iron 1%

Source: www.nutritiondata.com

How Much Do I Need?

A serving of melons is one-half cup cubed melon. This is about the size of one cupped handful. Try to eat a variety of colorful fruits and vegetables throughout the day to reach your total daily needs.

Recommended Daily Amounts of Fruits and Vegetables*

Children, 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.*

To learn more, visit ***www.mypyramid.gov/kids****.*

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EAT FRUITS & VEGETABLES AND BE ACTIVE

This material was funded by USDA's Food Stamp Program through the *California Nutrition Network for Healthy, Active Families*. This institution is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Health Services 2006.