

Harvest of the Month



Network for a Healthy California



CHERRIES

May

**VERY CHERRY
ACTIVITIES**



Circle all the meals on
the menu that contain
red fruits or vegetables.

VERY CHERRY ACTIVITIES

Nutrition Facts

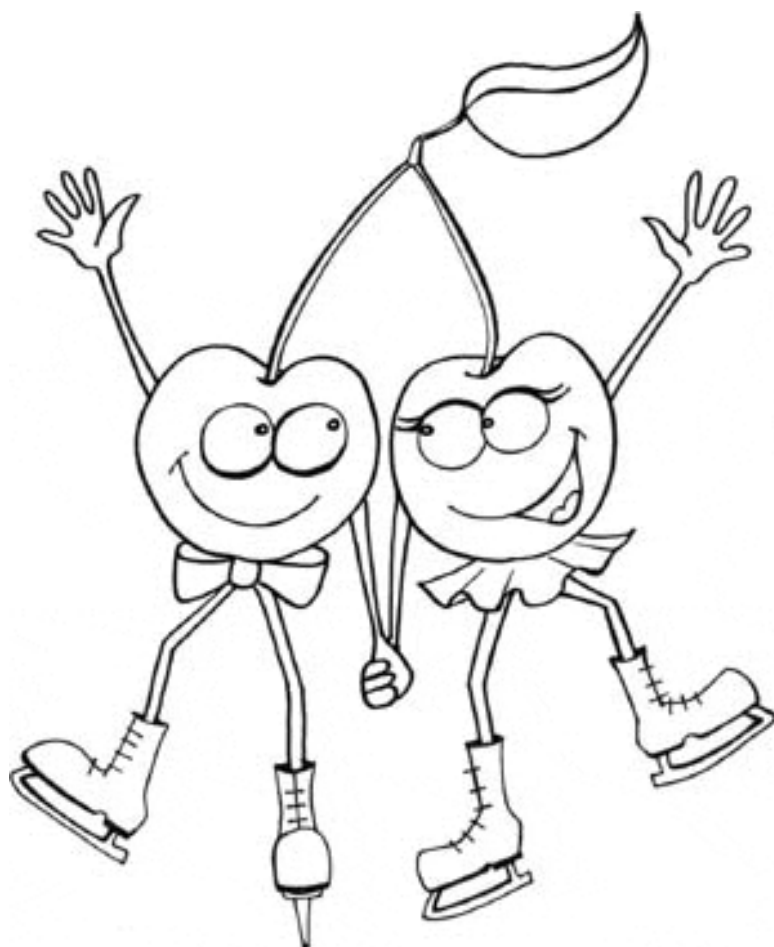
Serving Size 1 cup, with pits, yields
138g (138 g)

Amount Per Serving	
Calories 87	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 18g	
Protein 1g	
Vitamin A 2%	Vitamin C 16%
Calcium 2%	Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

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Color these cherries!



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. Strawberries are in the red color group.

- Red fruits and vegetables help maintain a healthy heart and memory function. Examples include strawberries, cherries, red grapes, tomatoes, red bell peppers, beets, radishes and red potatoes.

What's a Serving?

A serving of cherries is one cup, that's about 20 cherries total.



Test Your Cherry IQ

(answers below)

- Cherries are the highest in what vitamin?
A.) Vitamin A B.) Vitamin B6 C.) Vitamin C
- There are about _____ cherries on an average tart cherry tree?
A.) 5,000 B.) 7,000 C.) 9,000
- Cherries are classified into _____ major varieties.
A.) 4 B.) 5 C.) 6
- Cherries are the state fruit of _____.
A.) California B.) Texas C.) Utah

Answers : 1. C 2. B 3. A 4. C

