# EAT YOUR BEETS

You can eat fruits and vegetables in many different forms – fresh, frozen, canned, dried, and even 100% juice. They are all good for you! On your next trip to the grocery store, look for these fruits and vegetables. Put a check mark next to each form you find. Circle your favorite fruits and vegetables and in which form you like it best.

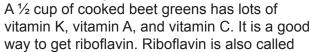
	Fresh	Canned	Frozen	Dried	100% Juice
Apples					
Beets					
Broccoli					
Corn					
Oranges					
Peas					
Others:					

Were you able to find any fruits and vegetables in all five forms?						
2. If you answered yes, list which items:						
Which items did you find in at least three different forms?						
,						

4. Draw a star next to a new form of fruit or vegetable you would like to try. Look for it during your trip to the grocery store.

## Reasons to Eat Beets

A ½ cup of beets is a good way to get folate and manganese.



vitamin B<sub>2</sub>. It is important for building healthy red blood cells.



### **Nutrition Facts**

Serving Size: ½ cup cooked beets, sliced (85g)

Calories 37	Calories from Fat 1
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate	e 8g 3%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	
Vitamin A 1% Vitamin C 5%	Calcium 1% Iron 4%

#### **Riboflavin Champions\*:**

Almonds, cooked beet greens, eggs, fortified cereals, and lowfat milk.

\*Riboflavin Champions provide a good or excellent source of riboflavin.

#### **How Much Do I Need?**

A  $\frac{1}{2}$  cup of beets is about the size of one medium beet. 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 much you need. Eat a variety of colorful fruits and vegetables throughout the day – fresh, frozen, canned, dried, and 100% juice. It will help you reach your total daily needs. And, remember to be active for at least 60 minutes every day!

#### **Recommended Daily Amounts of Fruits and Vegetables\***

	Kids, Ages 5-12	Teens and Adults, 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** to learn more.



