

## Avocado, Florida



Deep green skin with yellow-green or yellow flesh. Creamy, buttery flavor

**In season:** June through March  
**Good source of:** Folate, Magnesium, Potassium, Vitamin E  
**Contains fiber:** 13g per serving  
**Calories per serving (1 cup mashed):** 276

Guess what fruit has the most fiber? If you guessed avocados, you guessed right.

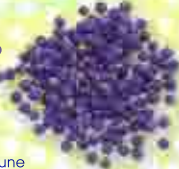


# Florida Fruit

They are not only delicious but they are fun to eat as well. They also provide many health benefits that are Xtremely beneficial. Just take a look.

## Blueberries

Little clusters of small, juicy, firm berries with deep purple to blue black skin.



**In season:** April through June  
**Good source of:** Manganese, Vitamin C, Vitamin K  
**Contains fiber:** 4g per serving  
**Calories per serving (1 cup):** 84

Blueberries contain anthocyanins, which act as an antioxidant. They may help improve your eyesight and your memory. Maybe you'll do better in school!

*They also may help prevent cancer, age-related diseases and urinary tract infections.*

## Grapefruit

A citrus fruit that combines tanginess and sweetness in white, yellow, pink and red varieties.



**In season:** November through June  
**Good source of:** Vitamin A (colored varieties only) Vitamin C  
**Contains fiber:** 3g per serving  
**Calories per serving (1 cup sections):** 69

If you're on a diet eat Florida grapefruit. They help you feel full because of their high water and fiber content.

## Oranges

Medium to large sized, thick-skinned yellow or orange fruit with an oval or round shape. Sweet and very juicy.



**In season:** October through June  
**Good source of:** Fiber, Thiamin, Vitamin C  
**Contains fiber:** 4g per serving  
**Calories per serving (1 cup sections):** 85

Feeling kind of puny? Florida citrus helps you stay healthy by enhancing the immune system.

*Antioxidants in oranges protect cells and tissues by helping to neutralize free radicals.*

## Strawberries

Medium sized red berries with a green stem at the top and tiny seeds sprinkled throughout.



**In season:** January through April  
**Good source of:** Vitamin C  
**Contains fiber:** 3g per serving  
**Calories per serving (1 cup, halves):** 49

There are 200 tiny seeds in every strawberry! But don't worry they won't grow inside you.

*Strawberries contain folate and are cleansing agents for the bladder and the colon.*

## Cantaloupe

Melon with khaki-colored skin and orange colored flesh.



**In season:** March through July  
**Good source of:** Potassium, Vitamin A, Vitamin C  
**Contains fiber:** 1g per serving  
**Calories per serving (1 cup diced):** 53

How can you tell if a cantaloupe is ripe? You can hear the seeds rattle inside a juicy melon when shaken. It will have a good cantaloupe smell on the stem end.

## Mangoes

A medium to large oval, with a rounded apex. The skin is a thick, orange or rosy yellow with a speckled or blushed pattern. The flesh is yellow, mild, and sweet with a strong pleasant aroma.



**In season:** May through September  
**Good source of:** Vitamin A, Vitamin B6, Vitamin C  
**Contains fiber:** 3g per serving  
**Calories per serving (1 cup sliced):** 107

A mango can be a mess to eat, but who cares? Mangoes are great simply peeled and eaten as is or with a squeeze of lime juice.

*Mangos are a great source of beta-carotene. Beta-carotene is necessary for growth, strong bones and teeth, healthy skin, and the prevention of many kinds of infections.*

## Tangerines

Bright orange in color, round and small with easy-to-peel skin.



**In season:** September through May  
**Good source of:** Vitamin A, Vitamin C  
**Contains fiber:** 4g per serving  
**Calories per serving (1 cup sections):** 103

Tangerines were named for the city of Tangiers in Morocco.

*Florida tangerines have very low fat, are sodium-free and cholesterol-free.*

## Carambola

Golden colored, deeply lobed fruit, slices into star shape.



**In season:** August through March  
**Good source of:** Copper, Vitamin C  
**Contains fiber:** 4g per serving  
**Calories per serving (1 cup, cubed):** 41

Carambola is the only fruit shaped like a star when sliced!

*It contains potassium, is low fat, and naturally sodium and cholesterol free.*

## Watermelon

Red flesh with sweet taste and seeds.



**In season:** April through July  
**Good source of:** Lycopene, Vitamin A, Vitamin C  
**Contains fiber:** 1g per serving  
**Calories per serving (1 cup):** 46

Why call it watermelon because it is 88% water. Try freezing watermelon juice in ice cube trays to add to lemonade and fruit punch.

*The lycopene found in watermelon may prevent some types of cancer.*

## HOW MANY SERVINGS SHOULD YOU EAT?

Men, women, and children of different age groups each have their own fruit and vegetable needs. How active you are is also important.

Little kids (ages 2 to 6) should eat a minimum of **5** servings a day.

Older kids, teen girls, and active women should eat at least **7**.

Teenage boys and active men should eat at least **9**.



[www.Florida-Agriculture.com](http://www.Florida-Agriculture.com)

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**Sources:**  
 Nutritiondata.com  
 The National Cancer Institute  
 The U.S. Food and Drug Administration  
 The Department of Health and Human Services  
 Centers for Disease Control and Prevention

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 Florida Department of Agriculture and Consumer Services



## Bell Peppers (Green)

Green in color, bell shaped with 3 to 4 lobes.

**In season:** October through June  
**Good source of:** Vitamin A, Vitamin B6, Vitamin C, Vitamin K  
**Grams of fiber per serving:** 3g  
**Calories per serving (1 cup):** 30



## Bell Peppers (Red)

Red in color, bell shaped with 3 to 4 lobes.

**In season:** November through June  
**Good source of:** Beta-Carotene, Vitamin A, Vitamin B6, Vitamin C, Vitamin K  
**Grams of fiber per serving:** 3g  
**Calories per serving (1 cup):** 46



**What's the difference between a red and green bell pepper?**

*A red bell pepper is simply a mature green bell pepper with more vitamin C and beta-carotene. As a bell pepper ages, its flavor becomes sweeter and milder.*



# Florida

# VEGETABLES

They are not only delicious but they are fun to eat as well. They also provide many health benefits that are Xtremely beneficial. Just take a look.

## Mushrooms

Stemmed with cap top in brown or white color.

**In season:** Year-round  
**Good source of:** Niacin, Pantothenic acid, Phosphorus, Riboflavin, Selenium  
**Grams of fiber per serving:** 1g  
**Calories per serving (1 cup sliced):** 19



Mushroom pizza is good for you!

*Mushrooms have antibacterial substances to help the body. The selenium in mushrooms is good for your immune system.*

## Potatoes

Oblong shape, brown skin and white flesh.

**In season:** January through July  
**Good source of:** Folate, Niacin, Potassium, Vitamin B6  
**Grams of fiber per serving:** 3g  
**Calories per serving (1 potato, small):** 130



**Why do we call potatoes "spuds?"**  
 Because of the instrument used to dig potatoes from the ground...the SPADE!

*Store potatoes in a cool, dry place. Sunlight can cause the skin to turn green. Most of the nutrients are contained right below the skin, so avoid peeling when possible.*

## Cabbage

Cruciferous vegetable with thick, water-storing stalks and leaves.

**In season:** November through June  
**Good source of:** Vitamin A, Vitamin C, Vitamin K  
**Grams of fiber per serving:** 2g  
**Calories per serving (1 cup):** 28



**Why is Cole Slaw good for you?**

*The vitamin K in red cabbage contributes to blood clotting and bone health.*

## Cucumber

Dark green rind with white flesh.

**In season:** September through June  
**Good source of:** Vitamin K  
**Grams of fiber per serving:** 1g  
**Calories per serving (1 cup):** 16



**Are your eyes puffy? Try cucumber slices on your eye lids.**

*The inner temperature of a cucumber can be 20 degrees cooler than the outside air due to high water and moisture content.*

## Sweet Corn

Sweet corn kernels are a grain, surrounded by a green corn plant.

**In season:** September through June  
**Good source of:** Folate, Magnesium, Phosphorus, Thiamin, Vitamin C  
**Grams of fiber per serving (1 cup):** 5g  
**Calories per serving:** 177



**Cook it quickly for the best flavor.**

*Otherwise, refrigeration helps retain its sugar and vitamin C content. But keep it in its husk to maintain moisture content before cooking.*

## Celery

Stalks of 10 to 12 inches in length, firm and very crisp with a green glossy surface.

**In season:** October through June  
**Good source of:** Folate, Potassium, Vitamin K  
**Grams of fiber per serving:** 2g  
**Calories per serving (1 cup chopped):** 16



**It doesn't replace brushing your teeth, but celery massages teeth and gums while chewing.**

*Because of its crunchy texture, celery is naturally abrasive.*

## Green Beans

Also called snap beans because of their tender crisp green or yellow pods that snap when bent.

**In season:** October through June  
**Good source of:** Folate, Vitamin A, Vitamin C, Vitamin K  
**Grams of fiber per serving:** 4g  
**Calories per serving (1 cup):** 34



**Stir-frying maintains more nutrients than other cooking methods.**

*Cook beans as little as possible, using the least amount of water possible to maintain nutrients.*

## Tomatoes

A round or oblong red fruit available in several varieties.

**In season:** October through June  
**Good source of:** Potassium, Vitamin A, Vitamin C  
**Grams of fiber per serving:** 2g  
**Calories per serving (1 cup chopped or sliced):** 38



**The average American consumes about 19 pounds of tomatoes every year.**

*Tomato paste and sauces contain greater amount of lycopene than fresh tomatoes, because they are more concentrated.*

## HOW MANY SERVINGS SHOULD YOU EAT?

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