

EAT YOUR MANDARINS

Nutrition Facts

Serving Size: 1 medium mandarin (84g)
Calories 45

Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	6%
Sugars 9g	
Protein 1g	
Vitamin A 11%	Calcium 3%
Vitamin C 37%	Iron 1%

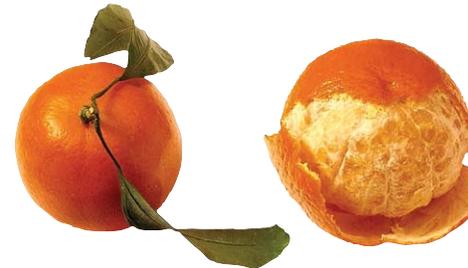
Source: www.nutritiondata.com

Get Your Power Play!

Try to be active for at least 60 minutes every day. It will help you grow strong, stay healthy and feel good. Use the calendar below to help you track how much time you are active each school day — before, during and after school.

1. Write down any activities you do before, during and after school. At the end of the day, add up your total number of active minutes.
2. Place an X in the last row if you met your goal of 60 minutes of physical activity. *Remember: more is better!*

TIME	SAMPLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEFORE SCHOOL	Walked dog (10 min.)					
AT SCHOOL	Played ball at recess (25 min.)					
AFTER SCHOOL	Walked to park, swept floors, danced with mom. (40 min.)					
TOTAL MINUTES	75					
I MET MY GOAL!	X					



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. Mandarins are in the yellow/orange color group.

- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples of mandarins are clementines, satsumas and tangelos. Mandarins with a deep orange-red color are called tangerines.
 - Other yellow/orange citrus fruits are oranges, lemons and grapefruits.

How Much Do I Need?

A serving of mandarin is about one medium fruit. This is about the size of a baseball. Try to reach your total number of cups each day and get at least 60 minutes of physical activity.

Recommended Daily Amounts of Fruits and Vegetables*

Kids, 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 per day.

Visit www.mypyramid.gov/kids to learn more.

