Avocado

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

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

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

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 disorders and urinary tract infections.

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): 45

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.

Mangos

A medium to large oval, with a rounded apex. The skin is thick, orange or gray, 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? Mangos 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.

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 servings.

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

Sources:

- Florida Department of Agriculture and Consumer Services
- The National Cancer Institute
- The U.S. Food and Drug Administration
- The Department of Health and Human Services
- Centers for Disease Control and Prevention
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.

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, ind 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 puff? Try cucumber slices on your eyes.
The inner temperature of a cucumber can be 20 degrees cooler than the outside air due to high water and moisture content.

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 Beta-Carotene, 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.

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