

# EAT YOUR CABBAGE

## Nutrition Facts

Serving Size: ½ cup green cabbage, shredded (35g)

Calories 9      Calories from Fat 0

% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 1%	Calcium 1%
Vitamin C 21%	Iron 1%

## What Am I?

Draw a line from the clue to the correct fruit or vegetable.  
(answers below)

- Before I became a box of raisins, I was a bunch of...
- I'm a vegetable that is good for your eyesight. I grow under the ground. Usually I'm orange, but I can be purple, too!
- When I'm fully grown, I can have a big head. I'm a leafy vegetable and can be green, purple, or red.
- I look like a fuzzy, little ball. Eat my green fruit insides with a spoon. I have lots of vitamin C and potassium.
- I'm crunchy with lots of vitamin C and fiber. Some think I look like a little green tree.
- I'm usually red. Some think I'm a vegetable but I'm not. I have lots of vitamin C and lycopene.



Tomato



Carrot



Kiwi



Cabbage



Grapes



Broccoli

## Reasons to Eat Cabbage

A ½ cup of fresh or cooked cabbage has lots of vitamin C and vitamin K. Cabbage also has vitamin A, fiber, and folate. Cabbage is a type of cruciferous vegetable. Cruciferous vegetables have lots of nutrients and phytochemicals, which help boost your immune system and help lower your risk of certain types of cancer.

## Phytochemical Champions\*:

Blueberries, broccoli, cabbage, citrus fruits, soy foods, and tomatoes.

\*Phytochemical Champions are rich in phytochemicals.

## How Much Do I Need?

A ½ cup of cabbage is about one cupped handful. 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. Power up by eating a colorful variety of fruits and vegetables throughout the day to meet your goals. And don't forget to get at least 60 minutes of activity every day too!

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

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Boys</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Girls</b>	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](http://www.mypyramid.gov/kids) to learn more.

Adapted from: *Community Youth Organization Idea & Resource Kit, Network for a Healthy California — Children's Power Play! Campaign, 2009.*

Answers: (1) grapes; (2) carrot; (3) cabbage; (4) kiwi; (5) broccoli; (6) tomato



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