

## Florida Avocado



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

**In season:** June through March  
**Good source of:** Potassium, Vitamin C, fiber  
**Contains fiber:** 13g per serving  
**Calories per serving (1 cup pureed):** 276  
**Phytochemicals:** Potassium

Guess what fruit has the most potassium? If you guessed bananas you guessed wrong.

Avocados have 60% more potassium than bananas.



# 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:** Folate, fiber, Vitamin C  
**Contains fiber:** 3g per serving  
**Calories per serving (1/2 cup):** 56  
**Phytochemicals:** Anthocyanins

Blueberries 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.

## Cantaloupe



Melon with khaki-colored skin and orange colored flesh.

**In season:** March through July  
**Good source of:** Folate  
**High in:** Vitamin A, Vitamin C  
**Contains fiber:** 1g per serving  
**Calories per serving (1/2 cup):** 35  
**Phytochemicals:** Beta-carotene

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.

Cantaloupes are cholesterol and fat free.

## Carambola



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

**In season:** August through March  
**Good source of:** Vitamin A, Vitamin C  
**Contains fiber:** 2.7g per serving  
**Calories per serving (1/2 cup):** 33

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

It is low fat, and naturally sodium and cholesterol free.

## 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:** October through April  
**Good source of:** Vitamin E  
**High in:** Vitamin A, Vitamin C  
**Contains fiber:** 1g per serving  
**Calories per serving (1/2 cup):** 65  
**Phytochemicals:** Beta-carotene

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.

Mangoes provide more beta-carotene than any fruit. Beta-carotene is necessary for growth, strong bones and teeth, healthy skin, and the prevention of many kinds of 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)  
**High in:** fiber and Vitamin C  
**Contains fiber:** 6g per serving  
**Calories per serving (1/2 medium fruit, 154 g):** 60  
**Phytochemicals:** Beta-carotene, Lycopene (pink and red grapefruit), Flavonoids  
**Contains:** potassium

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

Grapefruit also provides potassium and pectin, a soluble fiber that may help lower cholesterol.

## 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:** Folate, Thiamin  
**High in:** Vitamin C and fiber  
**Contains fiber:** 7g per serving  
**Calories per serving (1 medium-size orange, 154 g):** 70  
**Phytochemicals:** Beta-carotene, Beta-cryptoxanthin, Flavonoids  
**Contains:** potassium and calcium

Feeling kind of puny? Florida citrus can help you stay healthy by providing nutrients that can contribute to a healthy immune system.

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

## Tangerines



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

**In season:** September through May  
**Good source of:** Vitamin A and fiber  
**High in:** Vitamin C  
**Contains fiber:** 3g per serving  
**Calories per serving (1 medium size fruit, 109 g):** 50  
**Phytochemicals:** Beta-carotene, Beta-cryptoxanthin, Flavonoids  
**Contains:** potassium

Tangerines were named for the city of Tangiers in Morocco.

Florida Tangerines have very low fat, are sodium free, cholesterol free and are an excellent source of vitamin C. Tangerines can be a part of any healthy diet.

## 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:** Fiber  
**High in:** Vitamin C, Folate  
**Contains fiber:** 4g per serving  
**Calories per serving (1/2 cup):** 30

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

Strawberries are cleansing agents for the bladder and the colon.

## Watermelon



Red flesh with sweet taste with seeds.

**In season:** April through July  
**High in:** Vitamin C, Vitamin A  
**Contains fiber:** 2g per serving  
**Calories per serving (1/2 cup):** 32  
**Phytochemicals:** Lycopene

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

Lycopene found in watermelon may prevent cancer, heart disease and stroke.

## 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.Fresh-From-Florida.org](http://www.Fresh-From-Florida.org)

**Sponsored by:**  
Florida Department of Agriculture and Consumer Services  
Charles H. Bronson, Commissioner  
Florida Department of Citrus and the State of Florida

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

**FRESH FROM FLORIDA**

Healthy. Pure & Simple.



## Cabbage



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

**In season:** November through June  
**High in:** Vitamin C, Folate  
**Grams of fiber per serving:** 1g  
**Calories per serving (1/2 cup):** 24

**Why is cole slaw good for you?**  
Because cabbage is most nutritious when eaten raw.

*It may help reduce their risk of certain cancers.*

## Cucumber



Dark green rind with white flesh.

**In season:** September through June  
**Good source of:** Vitamin C  
**Grams of fiber per serving:** 1g  
**Calories per serving (1/2 cup):** 13

**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.*

## Mushrooms



Stomped with cap top in brown or white color

**In season:** Year-round  
**Good source of:** Iron, Folate, Phosphorus  
**High in:** Niacin, Riboflavin  
**Grams of fiber per serving:** 1g  
**Calories per serving (1/2 cup):** 25

**Mushroom pizza is good for you!**

*Mushrooms have positive effects on metabolism. They also have antibacterial substances to help the body.*

## Potatoes



Oblong shape, brown skin and white flesh.

**In season:** January through June  
**Good source of:** Niacin, Magnesium, Iron, Vitamin B6  
**High in:** Vitamin C, Potassium  
**Grams of fiber per serving (1/2 cup):** 3g  
**Calories per serving:** 109

Potatoes are included in one out of every three meals that Americans eat.

*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.*

# 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.

## Peppers (Green)



Green in color with a bell shape that includes 3 to 4 lobes.

**In season:** November through June  
**Good source of:** Folate, Vitamin B6  
**High in:** Vitamin A, Vitamin C  
**Grams of fiber per serving:** 2g  
**Calories per serving (1/2 cup):** 27  
**Phytochemicals:** Beta-carotene, Lutein and Zeaxanthin

**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.*

## Sweet Corn



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

**In season:** September through June  
**Good source of:** Vitamin C, Magnesium, Phosphorus, Thiamin, Fiber  
**High in:** Folate  
**Grams of fiber per serving (1/2 cup):** 3g  
**Calories per serving:** 80

**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:** Vitamin C, Folate, Potassium  
**Grams of fiber per serving:** 2g  
**Calories per serving (1/2 cup):** 16  
**Phytochemicals:** Flavonoids

**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:** Iron, Vitamin A  
**High in:** Vitamin C, Folate  
**Grams of fiber per serving:** 3g  
**Calories per serving (1/2 cup):** 31

**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.*

## Peppers (Red)



Red in color, with 3 to 4 lobes. Red peppers have a mild tang and crunchy texture.

**In season:** October through June  
**Good source of:** Vitamin B6, Folate  
**High in:** Vitamin A, Vitamin C  
**Grams of fiber per serving:** 2g  
**Calories per serving (1/2 cup):** 27  
**Phytochemicals:** Beta-carotene

## Tomatoes



Round or oblong shaped, with red color available in several varieties.

**In season:** October through June  
**Good source of:** Vitamin E  
**High in:** Vitamin C, Vitamin A  
**Grams of fiber per serving:** 1g  
**Calories per serving (1/2 cup):** 21  
**Phytochemicals:** Beta-carotene

**The average American consumes 18 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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**Fresh Florida**

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Charles H. Bronson, Commissioner

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**Sources:**  
Florida Tomato Committee  
National Cancer Institute  
U.S. Food and Drug Administration  
Department of Health and Human Services  
Centers for Disease Control and Prevention