

ORANGE YOU SMART!

A fill-in-the-blank game using ORANGE:

- O** _____
(an underwater creature with eight legs)
- R** _____
(the smallest state in the United States)
- A** _____
(a favorite fruit given to a teacher)
- N** _____
(a popular orange variety named for its bellybutton)
- G** _____
(another color that oranges can be)
- E** _____
(how often you should eat colorful fruits and vegetables)

Answers: Octopus, Rhode Island, Apple, Navel, Green, Every day



Nutrition Facts

Serving Size: 1 medium orange (154g)	
Calories 75	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 19g	6%
Dietary Fiber 3g	14%
Sugars 13g	
Protein 1g	
Vitamin A 8%	Calcium 7%
Vitamin C 152%	Iron 1%

Source: www.nutritiondata.com

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. Oranges are in the yellow/orange color group.

- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples include oranges, lemons, grapefruit, tangerines, yellow figs, persimmons, rutabagas, yellow and orange peppers, carrots, sweet potatoes, sweet corn, yellow winter squash and yellow potatoes.

What is a Serving?

A serving of oranges is one medium fruit. This is about the size of a baseball.



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Public Health 2007.