

EAT YOUR 'GRAS

Nutrition Facts

Serving Size: ½ cup asparagus, cooked (90g)
 Calories 20 Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	
Vitamin A 18%	Calcium 2%
Vitamin C 12%	Iron 5%



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. Asparagus is in the green color group.

- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples are:
 - Asparagus, bell peppers, chile peppers, cucumbers, green tomatoes, green apples, limes, yard-long beans and zucchini.

How Much Do I Need?

A serving of asparagus is about one-half cup cooked asparagus. This is about five medium spears. Try to reach your total number of cups each day.

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 for your age. Visit www.mypyramid.gov to learn more.

Garden Lingo

April is National Garden Month. To start your own garden, it helps to know gardening terms and nicknames. For example, you may know it as asparagus, but farmers call it 'gras! This green stem veggie is a perennial plant of the Lily family and provides a source of many vitamins and other nutrients. Asparagus plants are dormant in winter and harvested in spring. Do you know the meaning of each of these underlined words?

Draw a line to match each word on the left with the correct definition on the right. (answers below)

- | | |
|-------------|---|
| 1 Farmer | A Gathering of crop |
| 2 Perennial | B Natural ingredients found in foods necessary for our bodies to grow |
| 3 Lily | C Lives from year to year |
| 4 Vitamins | D Sleeping |
| 5 Dormant | E A flower that grows from a bulb; asparagus is part of this family |
| 6 Harvest | F Person who grows food |

Answers: 1. F; 2. C; 3. E; 4. B; 5. D; 6. A

Adapted from: www.calasparagus.com/consumer/kids/

