

Try Me!

ORANGE

MANGO, SWEET POTATO,
PUMPKIN, CANTALOUPE,
CARROT



NUTRITION INFORMATION

Mango

Calories: 107 (1 cup) Fat: 0
Vitamins A, C, B6,
Potassium

Sweet Potato

Calories: 114 (1 cup) Fat: 0
Vitamins A, C, B6, C,
Potassium, Manganese

Cantaloupe

Calories: 60 (1 cup) Fat: 0
Vitamins A, C, B6, Folate,
Niacin

Pumpkin

Calories: 30 (1 cup) Fat: 0
Vitamins A, C, B6, E, Folate,
Niacin, Riboflavin, Thiamin

Carrot

Calories: 52 (1 cup) Fat: 0
Vitamins A, C, B6, K,
Folate, Niacin, Thiamin,
Potassium

FUN FACTS & REASONS TO EAT ORANGE

MANGO

- Mangoes are the national fruit of India. Nearly 40% of the world's mango crop is produced in India.
- Find mango in the grocery stores from October-April. Store in your pantry 2-5 days until it is ripe.
- It holds in your refrigerator for 5-7 days once it is ripe.
- Keep it in your freezer up to 12 months.
- Eat mango plain or use it in salad, on ice cream, or put it on your main entree.

SWEET POTATO

- Sweet potatoes are one of the oldest vegetables known to man. They have been consumed since prehistoric times.
- China is the largest producer of sweet potatoes, Africa is second, then Central and South America. The United States is a distant fourth.

- In some studies sweet potatoes have been shown to be a better source of beta-carotene than green leafy vegetables.
- Peak season for buying sweet potatoes is October - March.
- Choose vegetables that are small to medium in size with unblemished skin.
- Keep in a cool, dark place and use within one week of purchase.

PUMPKIN

- Pumpkin chunking is a competitive activity where teams build mechanical devices designed to throw a pumpkin as far as possible.
- The record for the world's heaviest pumpkin is 2,009 lb, broken on September 30, 2012 in Greene, Rhode Island.
- When you carve your pumpkin, save the seeds and roast them! Not only are they delicious, they are a natural source of protein.
- Toss seeds in salads, granola, or just eat as a snack.
- Canned pumpkin is great in smoothie recipes.
- Pumpkin is available in the fall and winter. However, canned pumpkin is available all year.

CANTALOUPE

- Scrub your cantaloupe before you cut it so any surface bacteria will not transfer into the fruit when you cut into it.
- If your melon is not ripe when you buy it, leave it at room temperature for 1-2 days.
- After cutting, do not refrigerate for more than 3 days.
- Do not try this at home! In 1941, a moldy cantaloupe in a Peoria, Illinois market was found to contain the best and highest quality penicillin.

CARROTS

- Carrots get their orange color from beta-carotene. They have more beta-carotene than any other vegetable.
- Beta-carotene has been shown to help improve vision.
- To make the most of the beta-carotene in carrots, cook them rather than eat them raw. Only a small amount of beta-carotene is released from raw carrots during digestion.
- The vitamin A in carrots has been shown to have many beneficial effects on the skin.
- Carrots are available year-round.
- They can be stored in your refrigerator for an extended period of time.

References: <http://www.wikihow.com/Eat-a-Mango>; <http://whatthatfact.com/nutrition-facts-of-mango>; http://www.bbcgoodfood.com/glossary/sweet_potato; <http://anrcatalog.ucdavis.edu/pdf/8095.pdf>; <http://homecooking.about.com/od/howtocookvegetables/a/pumokintips.htm>; <http://www.healthdiaries.com/earthis/25-facts-about-carrots.html>

MEATLESS MONDAY