

EAT YOUR SQUASH

Nutrition Facts

Serving Size: ½ cup cooked acorn squash, cubed (103g)
 Calories 57 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 5g	18%
Sugars 0g	
Protein 1g	
Vitamin A 9%	Calcium 5%
Vitamin C 19%	Iron 5%



Squash Search

Circle the different varieties of winter squash listed below in the puzzle. Words can be spelled across, down, backwards, and diagonally.

Acorn	Calabaza	Mediterranean
Banana	Delicata	Spaghetti
Butternut	Kabocha	Turban

N A E N A R R E T I D E M F
 T B T Q N T L H T M V Z D N
 N O U Y R N M T X G W B E R
 K S M T R R E K P B R L L H
 A X T A T H W N R O C A I N
 B K B N G E F L G Z G W C L
 O R P A X G R T R M P B A E
 C L P B H W V N C K E U T Y
 H S M R X H B M U Z G T A Q
 A W G U E A R E O T Z H T N
 I F Q T V M K C R L H P X K
 T F N K D S X A Q R R Q X X
 P T B A N A N A B P K Q S D
 T B A Z O C A L A B A Z A C

Reasons to Eat Winter Squash

A ½ cup of cooked winter squash — like acorn, butternut, hubbard, and pumpkin — has lots of vitamin A. Eating squash is also a good way to get vitamin C and fiber.

Acorn squash also has iron. Iron is a mineral that helps move oxygen from the lungs to the rest of the body. It also helps the body fight infections.

Iron Champions*:

Beans, lentils, fortified cereal, 100% prune juice, pumpkin seeds, and soy foods.
 *Iron Champions are a good or excellent source of iron.

How Much Do I Need?

A ½ cup of cubed winter squash is about the size of 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. It is important to eat a colorful variety of fruits and vegetables every day to get all the nutrients you need to grow healthy and feel good. Look at the chart below to find out how many cups of fruits and vegetables you need to eat every day. Write down a daily meal plan to meet your goals.

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

**If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov/MyPlatePlan to learn more.

- Write down the kinds of squash you have tried.
- Draw a star next to your favorite kind.
- Underline the kinds of squash you would like to try. How do you want to eat it?



Cornell Cooperative Extension

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