

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is **apples**



Health and Nutrition Go Hand-in-Hand

Eating a variety of colorful fruits and vegetables and getting daily physical activity can help your family stay healthy, feel good, and may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.

One small apple is equal to about one cup of fruit. One cup of apples is a source of fiber, which helps you feel full, keep normal blood sugar levels, and avoid constipation. One small apple is also a source of vitamin C, which helps the body heal cuts and wounds and lower the risk of infection.

Healthy Serving Ideas

Mix apple chunks in your morning oatmeal for a hearty start to your day.



Add chopped apples and golden raisins to your chicken salad for a healthy lunch.



Place 4 cored apples in a microwave safe dish and fill with raisins. Pour ½ cup of apple juice over the apples with a sprinkling of nutmeg and cinnamon. Cover with plastic wrap and microwave on high for 5 minutes for a hot dessert!



Shopper's Tips

- Look for apples that are firm and do not have soft spots.
- Apples can be stored at room temperature, but they can last up to six weeks if refrigerated.
- Do not refrigerate apples in closed bags.

Let's Get Physical!

Make physical activity fun and social! Grab a friend and walk around the mall, to the park, or during your lunch breaks! In the evenings, make time to participate in physical activity as a family by going for a walk, riding bikes, or having a dance contest.

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day.

Eat a variety of colorful fruits and vegetables with all your meals and snacks throughout the day to reach your total daily needs!

Recommended Daily Amount of Fruits and Vegetables*

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

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

For more recipes and tips, visit: www.cachampionsforchange.net

