

# Harvest of the Month



Network for a Healthy California

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



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

## Healthy Serving Ideas

Add sliced pears to green salads for a sweet crunch.



Toss chopped pears, onions, bell peppers, and mangos with a touch of cilantro and lime juice. Serve with baked corn chips for a quick salsa your kids will love.



Pears make an easy snack for any time of day—just grab and go!



## Shopper's Tips

- Choose a pear that is bright and fresh looking with no bruises or damage.
- Bartlett pears are ripe when they turn golden yellow.
- Other pears, such as Anjou or Bosc, are ripe when the area near the stem gives to gentle pressure. Because pears ripen from the inside out, pears that are soft around the middle may be over ripe.
- Store unripe pears at room temperature until ripe.
- Store ripe pears in the refrigerator for up to a week.

## Let's Get Physical!

Get outside to enjoy the beauty of fall with your family. Cooler weather and falling leaves are a great setting for an evening walk with friends or family.

## 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 as 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
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	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](http://www.mypyramid.gov) to learn more.

For more recipes and tips, visit:  
[www.cachampionsforchange.net](http://www.cachampionsforchange.net)  
[www.calpear.com](http://www.calpear.com)

