

# Harvest of the Month



Network for a Healthy California  
Spring

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



## 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 and may prevent serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.

Half an avocado is equal to about one cup of fruit and is a good source of fiber, vitamin K, and folate. Fiber helps keep your heart healthy, keep you regular, and make you feel full so you eat less. Vitamin K helps your body stop cuts and scrapes from bleeding. Folate helps lower a woman's risk of having a child with certain birth defects.

## Healthy Serving Ideas

Add sliced avocados to your favorite salad.



Mashed avocados make a creamy, flavorful topping for your sandwiches.



Mix mashed avocados into baked potatoes for a rich and healthy addition to your meal.



## Shopper's Tips

- Look for avocados that give slightly to gentle pressure.
- Let hard avocados ripen on a countertop or place in a paper bag for two to three days at room temperature.
- Refrigerate ripe avocados for up to three days.

## Let's Get Physical!

Celebrate the longer daylight hours by taking family walks after dinner. Walk around the neighborhood or to a local park and talk about your day.

## 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 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](http://www.mypyramid.gov) to learn more.

For more recipes and tips, visit:

**[www.cachampionsforchange.net](http://www.cachampionsforchange.net)**  
[www.avocado.org](http://www.avocado.org)

