

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **carrots**



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.

Two medium carrots or eight baby carrots are equal to about one cup of vegetables. One cup of carrots is an excellent source of vitamin A and vitamin K. Vitamin A helps maintain good vision, fight infection, and keep skin healthy. Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process.

Healthy Serving Ideas

Snack on carrot sticks dipped in a light dressing.



Add shredded carrots to coleslaw for extra crunch, color, and flavor.



Boil carrots with potatoes for a sweet twist on the traditional mashed potatoes.



Shopper's Tips

- Look for smooth, firm, and well-shaped carrots with an even color.
- Store carrots in a plastic bag and refrigerate for up to two weeks.
- If you buy carrots with the green tops, break off the tops before refrigerating. Chopped carrot tops can be added to soups for extra flavor.

Let's Get Physical!

Gardening is a great way to stay active and grow some of your favorite healthy foods. Planting seeds, weeding, watering, and picking the fruits of your efforts are great ways to add a little physical activity to your day. If you don't have a lot of space, you can still get active by joining a community garden or starting a container garden.

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

