

Harvest of the Month



Network for a Healthy California

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



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 cup of green peas or pea pods is an excellent source of vitamin C, vitamin A, and vitamin K. Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection. 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

Toss sugar snap or snow peas with vegetables and chicken strips for a quick stir-fry.



Add sugar snap or snow peas to your favorite pasta dish.



Simmer green peas with sliced mushrooms and chicken broth for a tasty side dish.



Shopper's Tips

- If buying fresh green peas, always look for them in the pod. The pod should be firm, crisp, and have a fuzzy feel.
- Fresh pod peas like sugar snap or snow peas should be firm, bright green, and appear to be almost bursting.
- Keep unwashed sugar snap peas in an open plastic bag and store in the refrigerator for up to three days.

Let's Get Physical!

Limit the amount of TV you watch to no more than 2 hours a day. This will give you more time to get active whether it's catching up on chores, playing with your children, or getting outside to enjoy the fresh air. Get started by breaking the habit of turning on the TV "to see what's on." If you don't know what's on, you won't miss it!

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
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

