

# Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is

## strawberries



### 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.

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

### Healthy Serving Ideas

Microwave sliced strawberries with a small amount of orange juice or unsweetened applesauce to make a great topping for your pancakes.



Blend strawberries, orange juice, and lowfat yogurt for a refreshing smoothie.



Toss strawberry halves with melon, pineapple, and mango chunks and sprinkle with lime juice and chili powder for a Mexican fruit salad.<sup>†</sup>



### Shopper's Tips

- Look for plump berries with a natural shine, rich red color, bright green caps, and a sweet smell.
- Store strawberries in the refrigerator for up to three days.
- Do not wash strawberries until you are ready to eat them.

### Let's Get Physical!

Add bicycling to your travel plans by riding to the store for small purchases, riding to work, or taking a ride with your family on the weekends.

### 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
<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.calstrawberry.com](http://www.calstrawberry.com)

<sup>†</sup> Photography courtesy of the California Strawberry Commission.

