

Harvest of the Month



Network for a Healthy California

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



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 grapes is an excellent source of vitamin C and vitamin K. Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection. Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process.

Healthy Serving Ideas

Add grapes to your favorite coleslaw.



Blend grapes with banana and orange slices for a great tasting smoothie.



Add grapes and cashews to chicken salad and wrap in a whole wheat tortilla for a grab and go lunch.†



Shopper's Tips

- Look for firm, plump, brightly colored clusters of grapes with green, flexible stems.
- Remove any soft, brown grapes before storing.
- Store fresh grapes in a covered container or plastic bag for up to 10 days in the refrigerator.
- Just before use, rinse grapes under cool water.

Let's Get Physical!

Community centers are a great place to learn about free or low-cost fitness classes, team sports, and walking groups. Drop by your local community center today to find out what it has to offer!

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
www.freshcaliforniagrapes.com

† Photography courtesy of the California Table Grape Commission.

