

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is

green beans



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 beans 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. One cup of green beans is also a source of vitamin A, which helps maintain good vision, fight infection, and keep skin healthy.

Healthy Serving Ideas

Sauté green beans with bell peppers, tomatoes, celery, and a pinch of cayenne pepper for a spicy side dish.



Serve steamed green beans and chopped cactus leaves with chicken mole.



Sauté boiled green beans with a small amount of oil and a handful of sliced almonds.



Shopper's Tips

- Green beans should look fresh with a bright green color.
- Make sure the beans are plump and firm with no signs of damage.
- Place green beans in a plastic bag with small holes and store in the refrigerator for up to five days.
- Wash green beans and then snap off both ends before cooking.

Let's Get Physical!

Stay active by playing with your children. Play hide and seek in the house or jump rope in the yard. You can even take them to a local park to kick a soccer ball or play tag. Teach your children how fun physical activity can be.

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

