

Harvest of the Month



Network for a Healthy California

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



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 watermelon, honeydew, or cantaloupe cubes 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 cantaloupe or honeydew cubes is a source of potassium, which helps the brain tell muscles when to move. Potassium also helps maintain a healthy blood pressure.

Healthy Serving Ideas

Try a bowl of honeydew and cantaloupe cubes for a cool and colorful snack.



Make cantaloupe fruit kabobs, then turn over the leftover rind and use as a fun way to serve a snack that your kids will love.



Freeze puréed, seedless watermelon in ice cube molds and add to sparkling water or orange juice for a refreshing drink.[†]



Shopper's Tips

- Select cantaloupes with a sweet smell. They should give slightly to gentle pressure near the stem end.
- Select honeydew and watermelons that feel heavy for their size and sound hollow when tapped.
- Store whole melons on the counter and eat within two days.
- Refrigerate cut melons in a sealed container for up to three days.

Let's Get Physical!

Beat the heat by moving your workout to the morning while it is still cool outside. A brisk walk or bike ride is a great way to start your day.

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
www.watermelon.org

[†] Photography courtesy of the National Watermelon Promotion Board.