

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is

peaches and nectarines



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

Healthy Serving Ideas

Top peach or nectarine slices with granola and sliced almonds.[†]



Blend a chopped peach or nectarine and lowfat milk with a few ice cubes for a creamy smoothie.[†]



Toss sliced peaches or nectarines and grilled chicken into a green salad for a refreshing lunch.[†]



Shopper's Tips

- Choose peaches and nectarines that have a sweet smell and give slightly to gentle pressure.
- Store ripe peaches and nectarines in the refrigerator for up to five days.
- Store firm peaches and nectarines in a paper bag at room temperature until ripe.

Let's Get Physical!

Parks provide dozens of opportunity to be active—from water sports, hiking, and biking to exploring California's nature, history, and cultures. Visit one with your family today!

To find a park near you, visit www.parks.ca.gov/parkindex

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.eatcaliforniafruit.com

[†] Photography courtesy of the California Tree Fruit Agreement.

