

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is

bell peppers



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 medium bell pepper is about one cup of vegetables. One cup of bell pepper is an excellent source of vitamin C, which helps the body heal cuts and wounds and helps lower the risk of infection. One medium bell pepper is also a source of vitamin A, which helps maintain good vision, fight infection, and keep skin healthy.

Healthy Serving Ideas

Add bell pepper slices to your morning eggs for a fresh start.



Add sautéed bell pepper slices to chicken dishes.



Add chopped bell peppers to your favorite pasta sauce.



Shopper's Tips

- Look for bell peppers that have firm, smooth skin and a fresh green stem.
- Store bell peppers in a plastic bag in the refrigerator for up to five days.

Let's Get Physical!

Wondering how intense your physical activity needs to be? Try to raise your heart rate for at least 30 minutes a day on most days of the week. You should be able to talk while you move, but you should be breathing hard enough so that you can not sing.

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and 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

