

Harvest of the Month



Network for a Healthy California

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



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.

Two large plums are equal to about one cup of fruit. One cup of plums is a source of vitamin C, which helps the body heal cuts and wounds and helps lower the risk of infection.

Healthy Serving Ideas

Plums do not need any preparation at all, just grab and go!



Add sliced plums to a green salad for a light lunch.†



Blend chopped plums with lowfat milk and crushed ice for a refreshing drink.



Shopper's Tips

- Choose firm fruit that gives slightly to gentle pressure.
- Ripen firm plums in a paper bag for up to three days or until they give slightly to gentle pressure.
- Store ripe plums in the refrigerator for up to five days.

Let's Get Physical!

With the warm weather, it is especially important to drink plenty of water while being active! Drink water before, during, and after physical activity. Remember to warm up and cool down from your exercise to help avoid injury.

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
www.eatcaliforniafruit.com

† Photography courtesy of the California Tree Fruit Agreement.