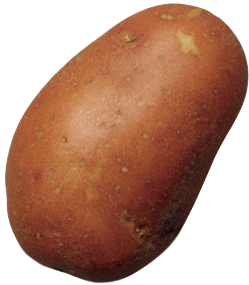


Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **potatoes**



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 baked potato is an excellent source of potassium, which helps the brain tell muscles when to move. Potassium also helps keep a healthy blood pressure. A medium potato is also a good source of fiber, which helps you feel full, keep normal blood sugar levels, and avoid constipation.

Quick Serving Ideas

Sprinkle potato wedges with chopped garlic and Italian seasoning; bake at 400°F for 7 minutes. Flip the wedges and sprinkle the other side with the garlic mixture; bake 7 minutes more for a hot and crispy side dish.



Top baked potatoes with one tablespoon of sour cream and your choice of toppings, such as chopped avocado and salsa, broccoli florets and lowfat Cheddar cheese, or chopped tomatoes and bell peppers.



Roast chunks of new potatoes with carrots and green beans as a perfect side dish for a chicken dinner.



Shopper's Tips

- Choose firm potatoes with smooth skin and without sprouts. Avoid those with green coloring.
- Store potatoes in a cool, dark, and dry place (not the refrigerator) for up to two months.
- Wash potatoes thoroughly before cooking and discard any that have sprouted or softened.

Let's Get Physical!

Swimming is a great way to cool off during the hot summer months and a fun way to get active. Swimming is low-impact and uses all of the major muscle groups. Check out your local Department of Parks and Recreation to find a public pool near you!

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

