

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is

salad greens



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 romaine, butterhead, red leaf, or green leaf lettuce is an excellent source of vitamin A and vitamin K. Vitamin A helps maintain good vision, fight infection, and keep skin healthy. Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process.

Healthy Serving Ideas

Add plenty of salad greens to sandwiches and pita pockets.[†]



Top salads with a variety of fruits or vegetables for a different creation every day.



Add salad greens to wraps for a quick meal on the go.[†]



Shopper's Tips

- Choose lettuce heads that are tight and firm with dark green leaves.
- Wrap salad greens in slightly damp paper towels and place in a plastic bag with small holes. Place the bag in the refrigerator for up to one week.
- Rinse lettuce with cold water and gently pat dry before using.

Let's Get Physical!

Doing chores, walking, dancing, and playing sports are some great ways to give your heart and lungs a workout, but don't forget your muscles! Strength activities help you keep a healthy weight and strong muscles. If you don't have any dumbbells, some canned food will do, or try exercises that don't need equipment like stomach crunches, leg lifts, or push-ups.

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.dole.com



[†] Photography courtesy of Dole Food Company.