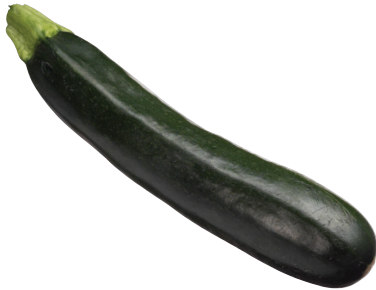


# Harvest of the Month



Network for a Healthy California

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



## 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 small zucchini is equal to about one cup of vegetables. One cup of zucchini is an excellent source of vitamin C, which helps the body heal cuts and wounds and helps lower the risk of infection. One cup of zucchini is also a source of vitamin B<sub>6</sub> which helps the body make healthy red blood cells, build proteins, and release energy.

## Healthy Serving Ideas

Add extra shredded zucchini to zucchini bread and bake in muffin tins for an easy snack. Make this treat even healthier by using applesauce instead of oil and tossing in some raisins.



Sauté chopped zucchini, onions, and bell pepper for a great addition to chicken enchiladas.



Sauté zucchini sticks with garlic and a dash of oregano. Top this tasty side dish with a little Parmesan cheese.



## Shopper's Tips

- Choose a glossy zucchini that is heavy for its size.
- Store in the refrigerator for up to four days.

## Let's Get Physical!

You can enjoy team sports without the team. Get a soccer ball and practice kicking the ball back and forth between your feet. Grab a basketball and practice bouncing it from hand to hand. Find a volleyball and see how long you can keep it off the ground. Challenge yourself to do these basic skills while jogging back and forth.

## 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
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	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](http://www.mypyramid.gov) to learn more.

For more recipes and tips, visit:  
**[www.cachampionsforchange.net](http://www.cachampionsforchange.net)**

