

Harvest of the Month



Network for a Healthy California

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



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 chopped broccoli is an excellent source of vitamin C and vitamin K. Vitamin C helps the body heal from cuts and wounds and helps lower the risk of infection. Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process. One cup of broccoli is also a source of folate, which helps the body make healthy red blood cells and lower a woman's risk of having a child with certain birth defects.

Healthy Serving Ideas

Toss chopped broccoli with chopped cabbage, shredded carrots, sliced bell peppers, chicken, and some sesame dressing for a zesty Asian chicken salad.



Top pizza with chopped broccoli before putting it in the oven.



Add chopped broccoli and your choice of vegetables to scrambled eggs. Wrap the eggs in a whole wheat tortilla and sprinkle with lowfat cheese for a quick and tasty breakfast burrito.



Shopper's Tips

- Look for a firm stem and tight, compact florets that are dark green.
- Store unwashed broccoli in an open plastic bag and place in the refrigerator for up to five days.
- Rinse (don't soak) broccoli under cool water just before using.

Let's Get Physical!

Look for simple stretches and strength activities you can do inside to stay flexible and strong all winter long. Try checking out fitness books from the library or looking for activities on the Internet.

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

