

Harvest of the Month



Network for a Healthy California

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



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 shredded green or red cabbage is an excellent source of vitamin C and vitamin K. Vitamin C helps the body heal 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 cabbage is also a source of vitamin A, which helps maintain good vision, fight infection, and keep skin healthy.

Healthy Serving Ideas

Toss cabbage with broccoli, bell pepper slices, carrots, and grilled chicken.



Use green and purple cabbage for a rainbow coleslaw.



Add cabbage to stews or soups.



Shopper's Tips

- Look for firm cabbage heads that feel heavy for their size. The leaves should be a green or red-purple color.
- Store whole or cut cabbage in a plastic bag in the refrigerator for up to one week.

Let's Get Physical!

Keep moving indoors by creating a scavenger hunt for your family. Have your family split into two teams. Have each team hide five or more items around your home. Then give each team 10 minutes to find the items while the other team cheers for them.

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 as 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

