

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is **grapefruit**



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 grapefruit is equal to about one cup of fruit. It is an excellent source of vitamin C, which helps the body heal cuts and wounds and helps lower the risk of infection.

Healthy Serving Ideas

Try plain grapefruit for breakfast.



Add a citrus splash to your green salads by topping them with grapefruit segments.



Blend grapefruit segments with lowfat yogurt and frozen strawberries for a quick smoothie.



Shopper's Tips

- Look for grapefruit that has smooth skin and feels heavy for its size.
- Grapefruit can be stored at room temperature for up to one week.
- If stored in the refrigerator, grapefruit will last up to two weeks.
- For the best flavor, enjoy grapefruit at room temperature.

Let's Get Physical!

Use physical activity to help deal with stress. Take a walk with someone you can talk to or just clear your mind while you enjoy your favorite activity.

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

