

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is **mandarin oranges**



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.

Two mandarin oranges are equal to about one cup of fruit. Two mandarin oranges are an excellent source of vitamin C and vitamin A. Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection. Vitamin A helps maintain good vision, fight infection, and keep skin healthy. Two mandarin oranges are also a source of fiber, which helps you feel full, keep normal blood sugar levels, and avoid constipation.

Healthy Serving Ideas

Mandarin oranges are easy to peel and make a great afternoon snack.



Toss mandarin orange slices with green salads.



Mix cooked long grain rice with mandarin oranges, crushed pineapple, chopped red onions, chopped cucumbers, and chopped mint for a refreshing side dish.[†]



Shopper's Tips

- Look for plump mandarin oranges that feel heavy for their size and have stems that are attached.
- Look for mandarin oranges with glossy, deep orange skins. Mandarin oranges with some patches of green near the stem are okay to eat.
- Keep on the countertop for a few days or store in the refrigerator for up to one week.

Let's Get Physical!

Get your heart pumping during the cold winter months. Try walking up and down your local mall. There is plenty of security and the temperature is just right. If you walk outside, dressing in layers allows you to stay warm at the beginning of your walk and to take off a layer or two as you warm up.

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.