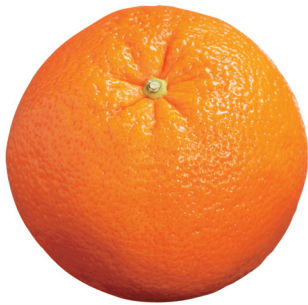


Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is
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.

One small orange is equal to about one cup of fruit. One cup of oranges is an excellent source of vitamin C, which helps the body heal cuts and wounds and helps lower the risk of infection. One orange is also a source of fiber and folate. Fiber helps you feel full, keep normal blood sugar levels, and avoid constipation. Folate 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

Orange wedges make a great, quick snack.



Blend two peeled oranges with two cups of frozen, unsweetened strawberries until smooth. Place the citrus berry mixture in the freezer and stir every 15 minutes until you have a thick, icy treat.



Mix peeled orange slices with raisins and banana slices. Top with a spoonful of lowfat vanilla yogurt for a light breakfast.



Shopper's Tips

- Look for fruit with shiny skin that is firm and heavy for its size.
- Oranges with thin skins tend to be juicier than those with thick skins.
- Oranges with marks or green spots on the skin are okay to eat.
- Oranges can be stored at room temperature or in the refrigerator for up to two weeks.

Let's Get Physical!

Staying fit shouldn't be all work and no play. Turn on your favorite music and challenge your family to a dance contest. Learn some new moves from your children and show them how things were done in your day!

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

