

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is

cooked greens



Health and Nutrition Go Hand-in-Hand

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of cooked greens – like bok choy, collard greens, kale, and Swiss chard – is an excellent source* of vitamin A, vitamin C, and vitamin K. Cooked greens also have calcium and iron, which are important minerals. Vitamins and minerals are nutrients your body needs to grow, work, and fix itself.

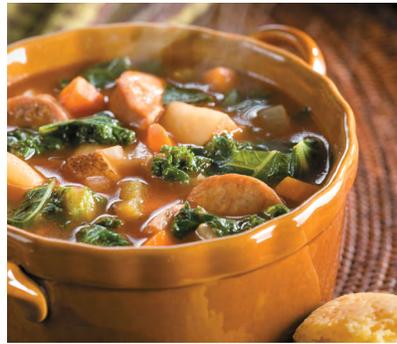
*Excellent sources provide at least 20% Daily Value.

Healthy Serving Ideas

Flavor collard greens by cooking them with smoked turkey breast. Add in chopped peppers for an extra kick.



Add chopped kale or Swiss chard to soups and stews.



Stir-fry bok choy with a variety of colorful vegetables. Serve over a bed of brown rice.



Shopper's Tips

- Choose leafy greens with fresh, full leaves.
- Avoid greens that have brown, yellow, spotted, wilted, or slimy leaves.
- Store greens in a plastic bag in the refrigerator for two to five days.
- Wash greens thoroughly before use.

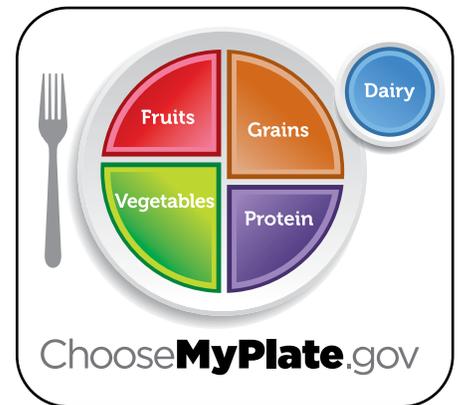
Let's Get Physical!

Start the day by moving – go for a short jog or do jumping jacks to get your heart rate up. Keep the beat going all day with power walks during work breaks. Unwind in the evening by stretching – it will help to relax before bed.

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. A good tip to follow is:

- Make half your plate fruits and vegetables to reach your total daily needs!



For more recipes and tips, visit:
www.CaChampionsForChange.net