

# Harvest of the Month



Network for a Healthy California

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



## 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 sliced kiwis is an excellent source\* of vitamin C and vitamin K. A ½ cup of sliced kiwis is about one medium kiwi. Vitamin C helps your body heal cuts and wounds. It also helps lower your risk of infection. A ½ cup of kiwis is also a good source\*\* of fiber.

\*Excellent sources provide at least 20% Daily Value.

\*\*Good sources provide 10-19% Daily Value.

## Healthy Serving Ideas

Kiwis are a great fast food. Just grab, cut, scoop, and go. You can even eat the skin for extra fiber!



Add sliced kiwis to fruit salads and serve on top of a papaya wedge.



Blend kiwis with orange juice. Freeze in paper cups to make a healthy treat.



## Shopper's Tips

- Look for kiwis that feel slightly firm. Size does not affect taste.
- Keep ripe kiwis at room temperature for up to two weeks. Or, put kiwis in the refrigerator for up to six weeks.
- Put firm kiwis on the counter or in a paper bag until ripe.

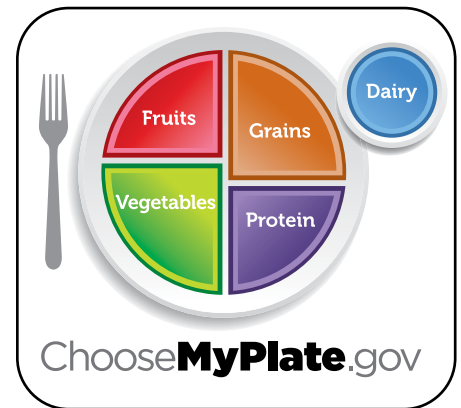
## Let's Get Physical!

Being active can help give you the energy you need to get through your day. Walk up and down a flight of stairs, do a few jumping jacks, or just do a few leg lifts in your chair. Doing these activities may perk you up better than a coffee break.

## 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](http://www.CaChampionsForChange.net)