

# Harvest of the Month



Network for a Healthy California

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



## 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 pears has fiber and vitamin C. A ½ cup of sliced pears is about half of one medium pear. Fiber is a complex carbohydrate. It helps keep food in your stomach longer so that you feel full. It may help lower the risk of high blood pressure, heart disease, stroke, and some types of cancer.

## Healthy Serving Ideas

Add sliced pears to green salads for a sweet crunch.



Toss chopped pears, onions, bell peppers, and mangos with a touch of cilantro and lime juice. Serve with baked corn chips for a quick salsa everyone will love.



Pears make an easy snack for any time of day—just grab and go!



## Shopper's Tips

- Look for smooth, bright, and colorful pears with no bruises or damage.
- Bartlett pears are ripe when they turn golden yellow. Other varieties, like Anjou or Bosc, are ripe when they feel slightly firm near the stem.
- Put ripe pears in the refrigerator for up to one week.
- Keep firm pears at room temperature until ripe.

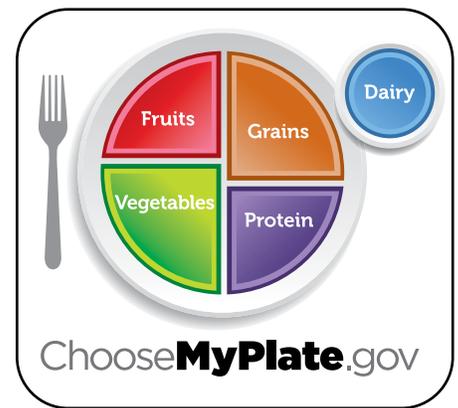
## Let's Get Physical!

Get outside to enjoy the beauty of fall with your family. Cooler weather and falling leaves are a great setting for an evening walk with friends or family.

## 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)