

Harvest of the Month



Network for a Healthy California

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



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 berries – like blackberries, blueberries, raspberries, strawberries – is a good source* of vitamin C. This vitamin helps the body heal cuts and wounds and lower the risk of infection. A ½ cup of most berries is also a good source* of fiber, which helps you feel full. Berries are rich in phytochemicals that may help you stay healthy.

*Good sources provide 10-19% Daily Value.

Healthy Serving Ideas

Blend frozen berries with sliced bananas, lowfat milk, and 100% orange juice for a refreshing smoothie.



Make healthy banana splits for dessert! Top a peeled banana with lowfat vanilla yogurt. Sprinkle with lowfat granola and add your favorite berries.



Add blueberries to oatmeal, lowfat yogurt, or cereal.



Shopper's Tips

- Choose fresh **blueberries** that are plump and have a solid, dark blue color. Refrigerate for up to two weeks.
- Choose fresh **raspberries** that are bright and evenly colored. Refrigerate for up to three days.
- Select fresh **blackberries** that are dry and shiny, without any green or red colors. Refrigerate for up to three days.
- Wash berries just before serving.
- Shop for berries in season to get the best value. Low-cost produce can be found at your local farmers' market. Or buy frozen berries year-round at the grocery store.

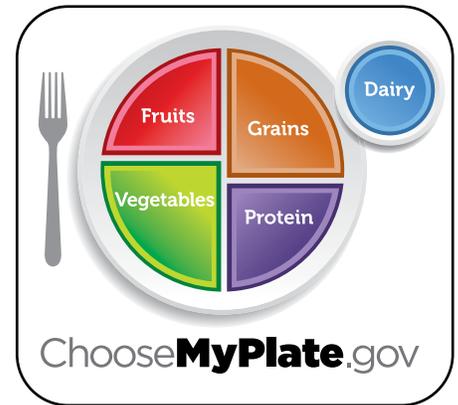
Let's Get Physical!

Local farms often have "pick-your-own" berry patches. Have fun and be active by selecting and picking your own fresh fruit.

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