

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **carrots**



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 carrots (fresh or cooked) is an excellent source* of vitamin A. One medium carrot or six baby carrots is about a ½ cup of sliced carrots. Vitamin A helps keep good vision, fight infection, and keep your skin healthy.

*Excellent sources provide at least 20% Daily Value.

Healthy Serving Ideas

Eat carrot sticks dipped in a light dressing for a healthy snack.



Add shredded carrots to coleslaw for extra color and flavor.



Boil carrots with potatoes for a sweet twist on mashed potatoes.



Shopper's Tips

- Look for smooth, firm, and well-shaped carrots with an even color.
- Put carrots in a plastic bag. Keep in the refrigerator for up to two weeks.
- If you buy carrots with the green tops, cut off the tops before refrigerating.

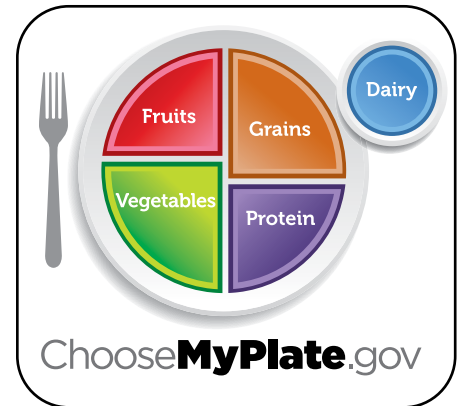
Let's Get Physical!

Gardening is a great way to be active and grow your favorite healthy foods. Planting seeds, weeding, watering, and picking add physical activity to your day. If you don't have space for a garden, you can join a community garden or start a container garden.

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