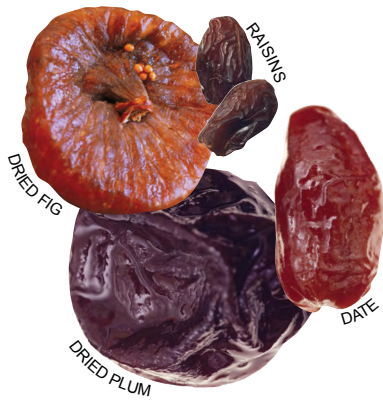


Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured fruit is **dried fruits**



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 ¼ cup of dried plums, chopped dates, or dried figs is a good source* of fiber. Fiber helps you feel full, keep normal blood sugar levels, and avoid constipation. A ¼ cup of most dried fruit is also a source of potassium. This mineral helps your brain tell your muscles when to move and helps keeps a healthy blood pressure.

*Good sources provide 10-19% Daily Value.

Healthy Serving Ideas

Mix your favorite dried fruits with nuts or whole grain cereal to make your own “trail mix.” Enjoy as an on-the-go snack.



Add raisins to chicken or tuna salad for a sweet twist.



Add dried fruits to your morning cereal for extra fiber and natural sweetness.



Shopper’s Tips

- Buy dried fruits without added sugar.
- Put dried fruits in an airtight container to keep fresh.
- Keep in a cool, dry place like a cupboard. Or, keep in the refrigerator for up to six months.

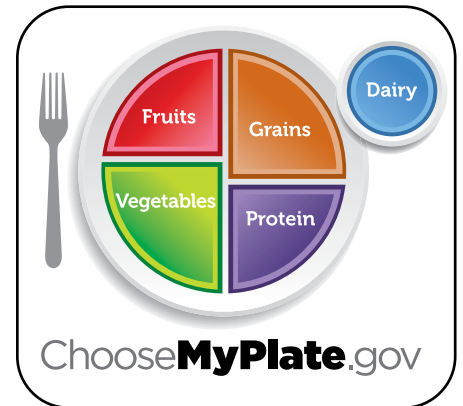
Let’s Get Physical!

Get your family moving during TV commercials. Spend that time doing jumping jacks, stomach crunches, or quickly walking around the house.

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