

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is

strawberries



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 strawberries is an excellent source* of vitamin C. A ½ cup of strawberries is about four large berries. Vitamin C helps your body heal cuts and wounds and helps lower your risk of infection. Vitamin C also helps your body absorb the iron found in foods.

*Excellent sources provide at least 20% Daily Value.

Healthy Serving Ideas

Make a tasty topping for your pancakes. Just heat sliced strawberries with a small amount of orange juice or unsweetened applesauce in the microwave.



Blend strawberries, orange juice, and lowfat yogurt for a refreshing smoothie.



Mix strawberry halves with sliced melon, pineapple, and mango chunks. Sprinkle with lime juice and chili powder for a Mexican fruit salad.†



Shopper's Tips

- Look for plump strawberries with a natural shine, rich red color, and sweet smell. The caps should be attached and look fresh.
- Keep strawberries in the refrigerator for up to three days.
- Wash strawberries just before eating.

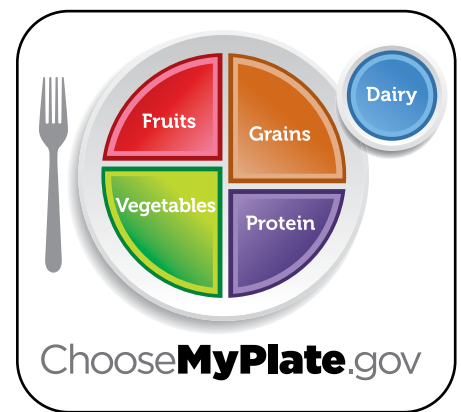
Let's Get Physical!

Add walking and bicycling to your day! Walk or ride to the grocery store, bike to work, or go for a long walk with your family on the weekends.

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

†Photography courtesy of the California Strawberry Commission.