

Harvest of the Month



Network for a Healthy California

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



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 green or red grapes is a good source* of vitamin C and vitamin K. Vitamin C helps your body heal cuts and wounds and helps lower your risk of infection. Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process.

*Good sources provide 10-19% Daily Value.

Healthy Serving Ideas

Add sliced grapes to your favorite coleslaw.



Blend grapes with banana, 100% orange juice, and ice for a tasty smoothie.



Add grapes and cashews to chicken salad. Wrap it in a whole wheat tortilla for a grab-and-go lunch.†



Shopper's Tips

- Look for firm, plump, brightly colored clusters of grapes with flexible stems.
- Remove any soft, brown grapes before storing.
- Put fresh grapes in a sealed container or plastic bag. Keep in the refrigerator for up to one week.
- Wash grapes under cool water just before eating.

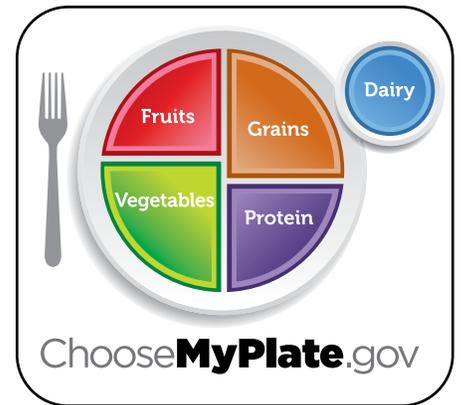
Let's Get Physical!

Community centers are a great place for free or low-cost fitness classes, team sports, and walking groups. Drop by your local community center today to find out what it has to offer!

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 Table Grape Commission.