

Harvest of the Month



Network for a Healthy California

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



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 melon – like cantaloupe, casaba, or honeydew – is an excellent source* of vitamin C. This vitamin helps your body heal cuts and wounds and helps lower your risk of infection. Melons are also a good source** of carotenoids. These are antioxidants that may lower your risk for some diseases by keeping your body safe from free radicals. Free radicals can damage cells.

*Excellent sources provide at least 20% Daily Value.

**Good sources provide 10-19% Daily Value.

Healthy Serving Ideas

Try a bowl of sliced honeydew and cantaloupe for a cool and colorful snack.



Make melon kabobs with cubed cantaloupe, honeydew, and watermelon. You can also add in berries for extra color!



Blend seedless watermelon and freeze in ice cube trays. Add frozen watermelon cubes to sparkling water for a refreshing drink.†



Shopper's Tips

- Look for cantaloupes with a sweet smell. They should feel slightly soft near the stem end.
- Look for honeydew and watermelons that feel heavy for their size and sound hollow when tapped.
- Keep whole melons on the counter and eat within a few days.
- Put cut melons in a sealed container and keep in the refrigerator for up to three days.

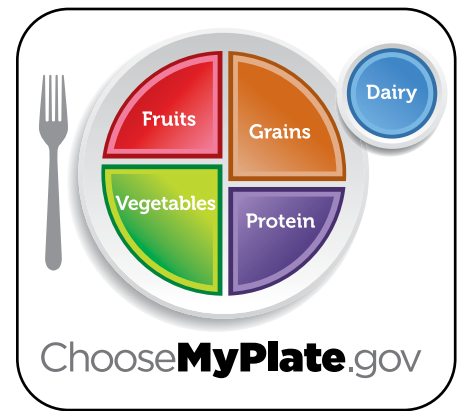
Let's Get Physical!

Do your workout in the morning while it is still cool outside. A brisk walk or bike ride is a great way to start your day.

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 National Watermelon Promotion Board.