

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is

peaches and nectarines



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 peaches or nectarines has vitamin C, vitamin A, and fiber. A ½ cup of peaches or nectarines is about half of one medium peach or nectarine. Vitamin C helps your body heal cuts and wounds. Vitamin A helps keep good vision, fight infection, and keep your skin healthy. Fiber helps you feel full, keep normal blood sugar levels, and avoid constipation.

Healthy Serving Ideas

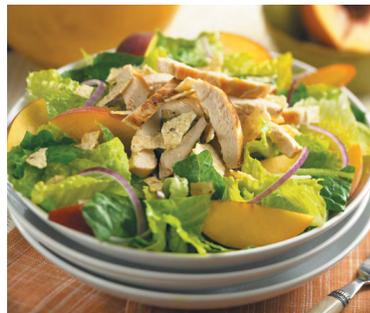
Mix peach or nectarine slices with granola and sliced almonds.†



Blend a chopped peach or nectarine and lowfat milk with a few ice cubes. Enjoy a creamy smoothie.†



Add sliced peaches or nectarines and nuts to a green salad for a healthy lunch or dinner.†



Shopper's Tips

- Look for peaches and nectarines that have a sweet smell and feel slightly firm.
- Keep ripe peaches and nectarines in the refrigerator for up to one week.
- Put firm peaches and nectarines in a paper bag at room temperature until ripe.

Let's Get Physical!

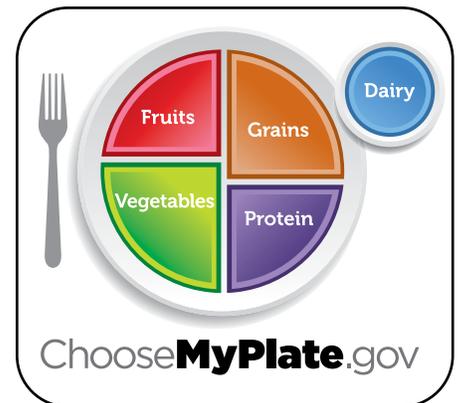
Parks are places with lots of ways to be active—from water sports, hiking, and biking to exploring California's nature, history, and cultures. Visit a park with your family today!

To find a park near you, visit www.parks.ca.gov/parkindex

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 Tree Fruit Agreement.