

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is

bell peppers



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 bell peppers (green, yellow, and red) is an excellent source* of vitamin C. A ½ cup of chopped peppers is about one small pepper. Vitamin C helps your body heal cuts and wounds and helps lower your risk of infection. A ½ cup of red bell peppers is also a good source** of vitamin B₆. This vitamin helps your body build healthy blood cells.

*Excellent sources provide at least 20% Daily Value.
**Good sources provide 10-19% Daily Value.

Healthy Serving Ideas

Mix in bell pepper slices to your morning eggs for a healthy start to your day.



Add sautéed bell pepper slices to chicken dishes.



Eat sliced bell peppers for an afternoon snack.



Shopper's Tips

- Look for bell peppers that have thick, shiny, smooth skin and a fresh green stem. Pick peppers with a solid color – red, yellow/orange, or green.
- Put bell peppers in a plastic bag. Keep in the refrigerator for up to five days.
- Green bell peppers may last longer than red or yellow ones.

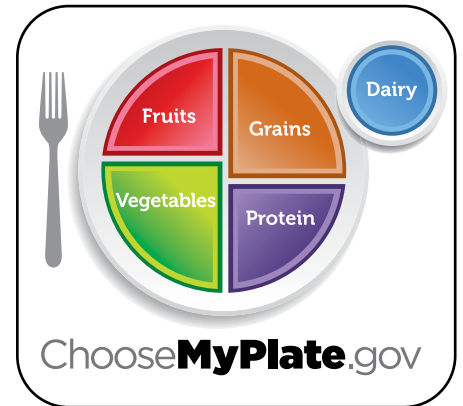
Let's Get Physical!

Do you know how intense your physical activity needs to be? Try to raise your heart rate for at least 30 minutes a day on most days of the week. You should be able to talk while you move, but you should be breathing hard enough so that you cannot sing.

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