Harvest of the Month
Network for a Healthy California

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

**Healthy Serving Ideas**
- Pack whole ripe plums in lunches or enjoy as afternoon snacks.
- Add sliced plums to green salads.
- Make a stone fruit salad with peaches, plums, and apricots.
- Top lowfat yogurt with sliced plums and granola for breakfast or dessert.
- Blend fresh or frozen plums with lowfat milk and ice. Or, substitute milk with lowfat frozen yogurt.
- Visit a local farmers’ market to find California grown plums—they taste great and usually cost less. Look for pluots and apriums, too!

**Produce Tips**
- Look for plums with solid color—red, purple, black, light green, or yellow.
- Choose firm plums that give slightly to gentle pressure.
- Ripen hard plums in a paper bag at room temperature for up to three days.
- Store ripe plums in the refrigerator for up to five days.

For more information, visit: [www.eatcaliforniafruit.org](http://www.eatcaliforniafruit.org)

**SAVORY GRILLED FRUIT**

**Makes 8 servings.** ½ plum each.

**Cook time:** 8 minutes

**Ingredients:**
4 plums, halved and pitted
1. Using covered barbecue grill, cook halved plums over medium, indirect heat for 4 minutes.
2. Turn over plums and cook for an additional 4 minutes.
3. Serve while hot.

**Nutrition information per serving:**
Calories 19, Carbohydrate 5 g, Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*

For more recipes, visit: [www.cachampionsforchange.net](http://www.cachampionsforchange.net)

**Let’s Get Physical!**
- **At home:** Start the day with jumping jacks.
- **At work:** Take stairs instead of the elevator.
- **At school:** Walk around the school yard before and after school.
- **With the family:** Swim at a community pool or play at a local park.

In warm weather, it is important to drink plenty of water while being active. Drink water before, during, and after any physical activity.

To assess your physical activity, visit: [www.mypyramidtracker.gov](http://www.mypyramidtracker.gov)

**How Much Do I Need?**
- One medium-sized plum is about a ½ cup of fruit.
- One medium-sized plum is a good source of vitamin C, which helps your body heal cuts and wounds and maintain healthy gums.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Look at the chart below to find out how much you need. Remember to eat a variety of colorful fruits and vegetables throughout the day.

**Recommended Daily Amounts of Fruits and Vegetables***

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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</thead>
<tbody>
<tr>
<td><strong>Males</strong></td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
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<tr>
<td><strong>Females</strong></td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
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</tbody>
</table>

*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

**What’s in Season?**
California grown plums are in peak season during summer. They are usually available from May to October. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these other good sources of vitamin C: peaches, apricots, grapes, melons, tomatoes, peppers, zucchini, and green beans.

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 medium plum (66g)</th>
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<tbody>
<tr>
<td>Calories 30</td>
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<tr>
<td>% Daily Value</td>
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<tr>
<td>Total Fat 0g</td>
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<tr>
<td>Saturated Fat 0g</td>
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<tr>
<td>Trans Fat 0g</td>
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<tr>
<td>Cholesterol 0mg</td>
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<tr>
<td>Sodium 0mg</td>
</tr>
<tr>
<td>Total Carbohydrate 8g</td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
</tr>
<tr>
<td>Sugars 7g</td>
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<tr>
<td>Protein 0g</td>
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<tr>
<td>Vitamin A 5%</td>
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<td>Vitamin C 10%</td>
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For important nutrition information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net). For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. © California Department of Public Health 2009.