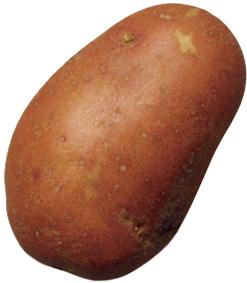


Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **potatoes**



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 cooked potatoes is a good source* of vitamin C. A ½ cup of cooked potatoes is about half of one medium potato. Potatoes are also a source of many important vitamins and minerals, such as vitamin B₆, potassium, and niacin. Niacin is a type of B-vitamin that helps make energy in your body.

*Good sources provide 10-19% Daily Value.

Healthy Serving Ideas

Sprinkle potato wedges with chopped garlic and Italian seasoning; bake at 400°F for 7 minutes. Flip the wedges and sprinkle the other side with the garlic mixture; bake 7 minutes more for a hot and crispy side dish.



Top baked potatoes with one tablespoon of lowfat sour cream and your choice of toppings – like chopped avocado and salsa, broccoli and lowfat Cheddar cheese, or chopped tomatoes and bell peppers.



Roast small potatoes with carrots and green beans as a side dish for a chicken dinner.



Shopper's Tips

- Look for firm potatoes with smooth skin and without sprouts. Avoid potatoes with any green coloring.
- Keep potatoes in a cool, dark, and dry place (not the refrigerator). Put in a plastic bag with holes for up to five weeks.
- Wash potatoes thoroughly before cooking. Do not use potatoes that have sprouted or softened.

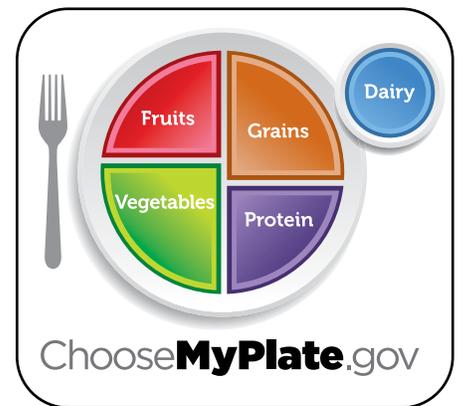
Let's Get Physical!

Swimming is a great way to cool off in the summer and a fun way to be active. Swimming is low-impact and uses all of the major muscle groups. Check your local Department of Parks and Recreation to find a public pool near you!

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