

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **salad greens**



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.

One cup of salad greens—like butterhead, green leaf, red leaf, romaine, and iceberg—is an excellent source* of vitamin K. This vitamin helps stop cuts and scrapes from bleeding too much and starts the healing process. It also works with calcium to help build strong bones.

*Excellent sources provide at least 20% Daily Value.

Healthy Serving Ideas

Add lots of salad greens to sandwiches and pita pockets.[†]



Top salads with a variety of fruits or vegetables for a different creation every day.



Add salad greens to whole wheat tortilla wraps for a quick and healthy meal.[†]



Shopper's Tips

- Look for lettuce heads that are tight and firm. Look for darker colored leaves (they have more nutrients!).
- Wash and dry salad greens immediately after you buy them.
- Put in a plastic bag with small holes. Keep in the refrigerator for up to two weeks depending on the variety.

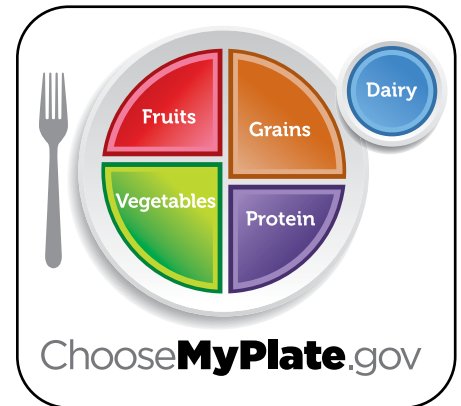
Let's Get Physical!

Doing chores, walking, dancing, and playing sports are great ways to give your heart and lungs a workout. Be sure to also include strength activities to help you keep a healthy weight and strong muscles. If you don't have any dumbbells, use canned food. Or try exercises that don't need equipment like stomach crunches, leg lifts, or push-ups.

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 Dole Food Company.