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 broccoli is an excellent source* of vitamin A, vitamin C, vitamin K, and folate. Folate is a vitamin that helps make healthy red blood cells in your body. It may also help to protect against heart disease. Pregnant women need folate in their diets to help prevent some forms of birth defects. Folate comes from leafy vegetables like spinach and broccoli, some fruits (oranges), dry beans, and liver.

For more recipes and tips, visit: www.CaChampionsForChange.net

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer.