

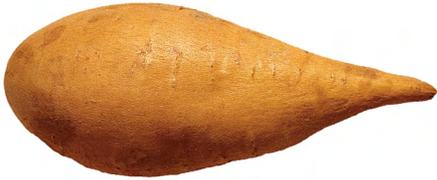
Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is

sweet 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 sweet potatoes is an excellent source* of vitamin A and vitamin C. Vitamin A helps keep your vision good, fight infections, and keep your skin healthy. A ½ cup of sweet potatoes is also a good source** of fiber, vitamin B₆, and potassium.

*Excellent sources provide at least 20% Daily Value.

**Good sources provide 10-19% Daily Value.

Healthy Serving Ideas

Dip strips of sweet potatoes in egg substitute. Bake on a lightly oiled pan at 425°F for 25 to 30 minutes for a batch of sweet potato fries.



Bake chopped sweet potatoes with apples and cinnamon for a warm dessert.



Sauté small sweet potato cubes with chopped onions and bell peppers for a delicious sweet potato hash.



Shopper's Tips

- Look for firm, dark, and smooth sweet potatoes without wrinkles, bruises, or sprouts.
- Put sweet potatoes in a dry, cool place like a pantry or garage. If stored properly, sweet potatoes will keep for one month or longer.
- Do not keep sweet potatoes in the refrigerator or they will develop a hard core and an "off" taste.
- Wash sweet potatoes just before using them.

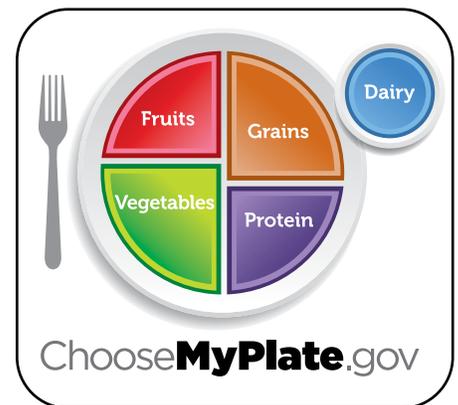
Let's Get Physical!

Looking for a new fitness routine? Try renting exercise videos so you can be active indoors. You can change videos as often as you like to keep your workout fresh during the winter months. If your movie rental store does not carry exercise videos, try your local library!

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