

# Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured produce is **avocados**



## 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 sliced avocado is a good source\* of fiber, vitamin C, vitamin B<sub>6</sub>, folate, potassium, and vitamin K. A ½ cup of sliced avocado is about the size of half of one medium avocado. Avocados are also a good source\* of monounsaturated fat, which is a healthy fat your body needs. Monounsaturated fat is an oil that helps lower the “bad” cholesterol in your body and may help raise the “good” cholesterol.

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

## Healthy Serving Ideas

Add sliced avocados to your favorite salad.



Mash avocados to make a creamy, flavorful topping for your sandwiches.



Mix mashed avocados into baked potatoes for a rich and healthy topping.



## Shopper's Tips

- Look for ripe avocados that feel slightly firm and heavy for their size.
- Put hard avocados on the counter or in a paper bag at room temperature until ripe.
- Keep ripe avocados in the refrigerator for up to three days.

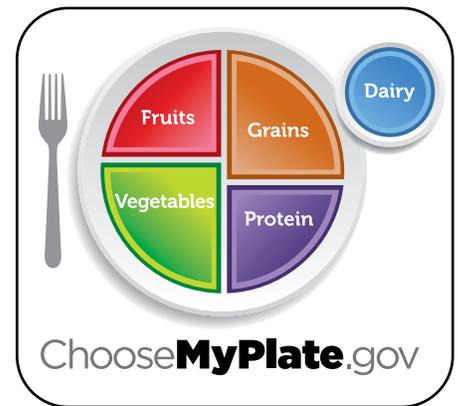
## Let's Get Physical!

Celebrate the longer daylight hours by taking family walks after dinner. Walk around the neighborhood or to a local park and talk about your day.

## 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](http://www.CaChampionsForChange.net)