

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is

beets



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 beets is a good source* of folate. Folate helps make healthy red blood cells and may lower a woman's risk of having a child with certain birth defects. Beets also have riboflavin (also known as vitamin B₂), which works with other B-vitamins to help your body grow and release energy from the carbohydrates you eat.

*Good sources provide 10-19% Daily Value.

Healthy Serving Ideas

Steam beets and slip off the skins. Sprinkle lightly with seasonings and enjoy.



Combine fresh sliced or canned beets with sliced tomatoes and onions for a delicious, healthy salad.



Sauté beet greens with chopped onion and garlic for a healthy and warm side dish.



Shopper's Tips

- Look for smooth, hard, and round beets that do not have cuts or bruises.
- Did you know you can also eat the green leaves on beets? Take off the greens two inches from the root and store in a separate plastic bag. Cook greens within two days.
- Keep beets in the refrigerator for up to two weeks.
- For canned beets, choose low sodium or no salt added varieties.

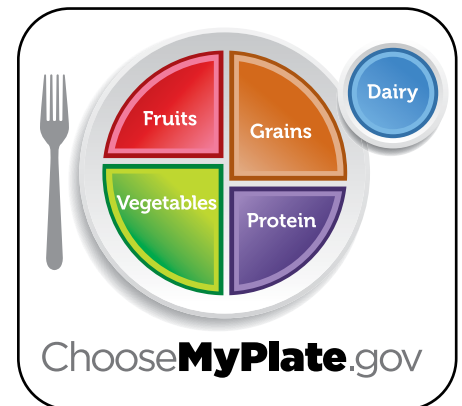
Let's Get Physical!

No time to exercise? Break up your physical activity into three short sessions throughout the day. Do house chores in the morning. Take a walk on your lunch break. Have a dancing contest with your family or friends in the evening.

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