

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **broccoli**



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.

*Excellent sources provide at least 20% Daily Value.

Healthy Serving Ideas

Toss chopped broccoli with chopped cabbage, shredded carrots, sliced bell peppers, chicken, and some sesame dressing for a zesty Asian chicken salad.



Top pizza with chopped broccoli before putting it in the oven.



Add chopped broccoli and your choice of vegetables to scrambled eggs. Wrap the eggs in a whole wheat tortilla. Sprinkle with lowfat cheese for a quick and tasty breakfast burrito.



Shopper's Tips

- Look for broccoli with a firm stem and tightly packed florets that are dark green.
- Put broccoli in an open plastic bag. Keep in the refrigerator for up to five days.
- Wash (don't soak) broccoli under cool water just before using.

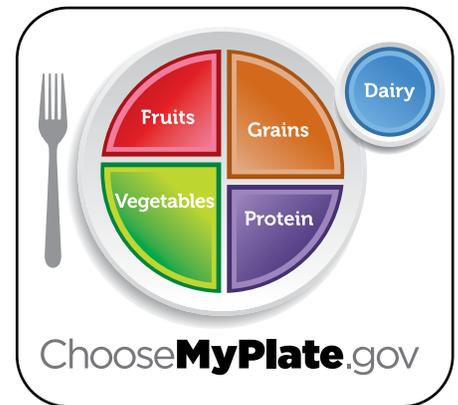
Let's Get Physical!

Look for simple stretches and strength activities you can do inside to stay flexible and strong all winter long. Try checking out fitness books from the library or looking for activities on the Internet.

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