

# Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is **grapefruit**



## Health and Nutrition Go Hand-in-Hand

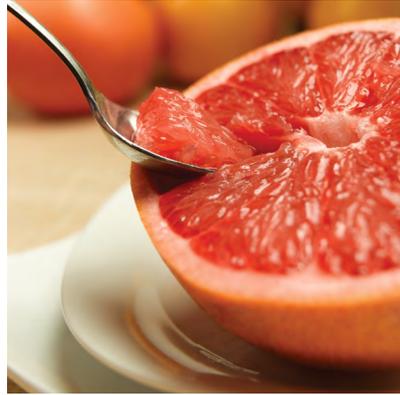
Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of sliced grapefruit is an excellent source\* of vitamin C. A ½ cup of grapefruit is about half of one medium grapefruit. Vitamin C helps your body heal cuts and wounds and lower your risk of infection. A ½ cup of grapefruit has good nutritional value and low calories.

\*Excellent sources provide at least 20% Daily Value.

## Healthy Serving Ideas

Enjoy plain grapefruit for breakfast.



Add a citrus splash to your green salads by topping them with peeled grapefruit slices.



Blend grapefruit slices with lowfat yogurt and frozen strawberries for a tasty smoothie.



## Shopper's Tips

- Look for grapefruit that have smooth, glossy skin and feel heavy for their size.
- Keep grapefruit at room temperature for up to one week. Or, keep in the refrigerator for two weeks or longer.
- For the best flavor, enjoy grapefruit at room temperature.

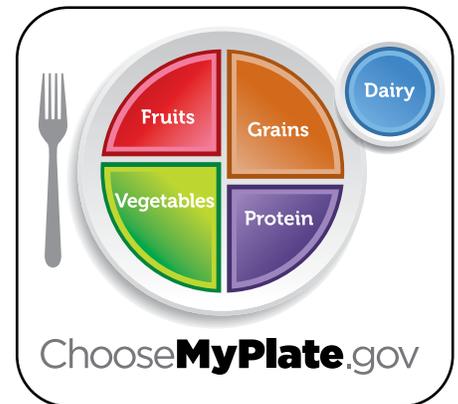
## Let's Get Physical!

Physical activity can help you deal with stress. Take a walk with someone you can talk to about your stress. Or, just clear your mind while you enjoy your favorite activity – like biking, swimming, tennis, basketball, or yoga.

## 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)