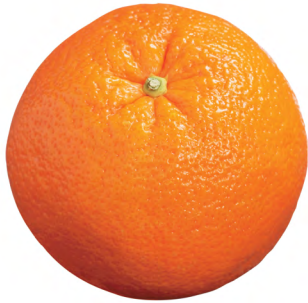


Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is
oranges



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 orange segments is an excellent source of vitamin C. A ½ cup of orange segments is about half of one medium orange. Eating oranges also gives you fiber and folate. Folate is a B vitamin that helps make healthy red blood cells and lowers a woman's risk of giving birth to a child with certain birth defects.

*Excellent sources provide at least 20% Daily Value.

Healthy Serving Ideas

Orange wedges make a great, quick snack.



Blend two peeled oranges with two cups of frozen, unsweetened strawberries until smooth. Place the citrus berry mixture in the freezer and stir every 15 minutes until you have a thick, icy treat.



Mix peeled orange slices with raisins and banana slices. Top with a spoonful of lowfat vanilla yogurt for a healthy breakfast.



Shopper's Tips

- Look for firm oranges with shiny skins that feel heavy for their size. It is okay to eat oranges with marks or green spots on the skin.
- Oranges with thin skins tend to be juicier than those with thick skins.
- Keep oranges at room temperature or in the refrigerator for up to two weeks.

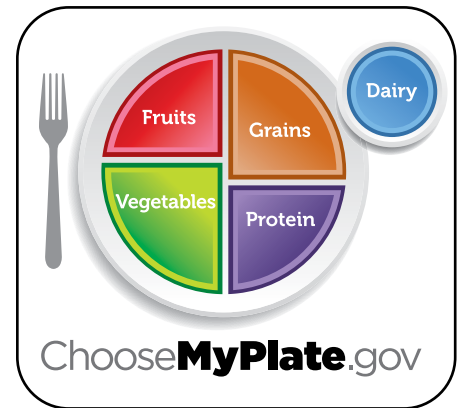
Let's Get Physical!

Staying fit shouldn't be all work and no play. Turn on your favorite music and challenge your family to a dance contest. Learn some new moves from your children and show them how things were done in 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