

# Harvest of the Month



Network for a Healthy California

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



## Health and Nutrition Go Hand-in-Hand

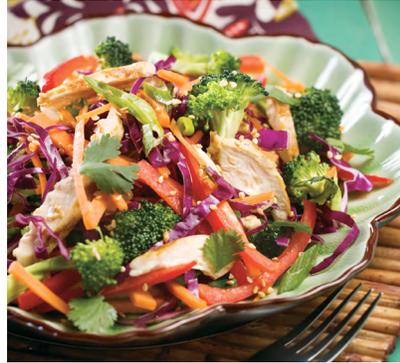
Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke,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

A ½ cup of fresh or cooked cabbage is an excellent source\* of vitamin C and vitamin K. A ½ cup of cooked cabbage also provides fiber and folate. Cabbage is a cruciferous vegetable that is rich in phytochemicals, which help boost the immune system and help lower the risk of heart disease and certain types of cancer.

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

## Healthy Serving Ideas

Cook cabbage with broccoli, bell pepper slices, carrots, and grilled chicken.



Use green and purple cabbage for a rainbow coleslaw.



Add green or purple cabbage to stews or soups.



## Shopper's Tips

- Look for firm cabbage heads that feel heavy for their size. The leaves should be tightly packed.
- Put whole or cut cabbage in a plastic bag. Keep in the refrigerator for up to one week.
- Wash cabbage thoroughly just before using. Then, remove tough outer leaves, cut in half, and trim core.

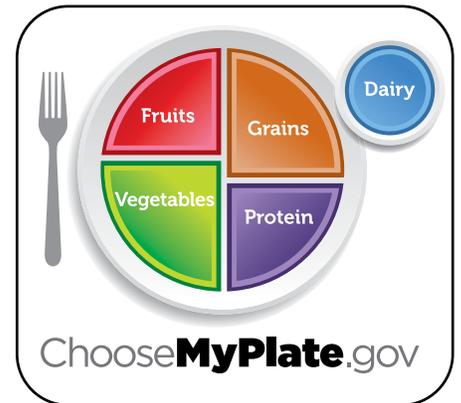
## Let's Get Physical!

Get moving indoors by doing a scavenger hunt. Have your family split into two teams. Have each team hide five or more items around your home. Then give each team 10 minutes to find the items while the other team cheers.

## 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)