

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is **dried fruits**



Health and Nutrition Go Hand-in-Hand

Eating a variety of colorful fruits and vegetables and getting daily physical activity can help your family stay healthy, feel good, and may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, and certain types of cancer.

Dried fruit has many of the nutrients that are found in fresh varieties.

Healthy Serving Ideas

Mix your favorite dried fruit with whole grain cereal for an on-the-go snack.



Add raisins to chicken salad for a sweet twist on an old favorite.



Add dried fruit to your morning cereal for a naturally sweet start to your day.



Shopper's Tips

- Buy dried fruits without added sugar.
- Store dried fruits in an airtight container to keep fresh.
- Store in a cool, dry place like a cupboard or refrigerator.

Let's Get Physical!

Get your family moving during T.V. commercials! Spend that time marching in place, doing stomach crunches, or walking around the house.

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.

Eat a variety of colorful fruits and vegetables with all your meals and snacks throughout the day to reach your total daily needs!

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 2- 8	Teens and Adults Ages 9 and up
Males	2 – 3 cups per day	4 – 5 cups per day
Females	2 – 3 cups per day	3 ½ – 4 cups per day

*If you are active, eat the higher number of cups per day. Visit www.choosemyplate.gov to learn more.

For more recipes and tips, visit: www.cachampionsforchange.net

