

# Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured

fruit is **persimmons**



## 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.

One medium Fuyu persimmon is equal to about one cup of fruit. One cup of Fuyu persimmon is an excellent source of vitamin C, fiber, and vitamin A. Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection. Fiber helps you feel full, keep normal blood sugar levels, and avoid constipation. Vitamin A helps maintain good vision, fight infection, and keep skin healthy.

## Healthy Serving Ideas

Replace the tomatoes in your favorite salsa recipe with chopped Fuyu persimmons for a sweet salsa snack.



Fuyu persimmons make a great fast food, just slice and enjoy.



Chopped Fuyu persimmons make a sweet topping for green salads.



## Shopper's Tips

- Look for bright orange and red colored persimmons with smooth skins. Ripe Fuyus should be firm.
- Store ripe Fuyu persimmons at room temperature for up to three weeks. Keep in the refrigerator for up to two months.
- Hachiya persimmons are acorn shaped and very tart if eaten raw.

## Let's Get Physical!

Fall is a great time to set fitness goals. Spend some time to figure out how you can add 10-20 minutes of activity to each day and give it a try for at least three weeks. Once you accomplish that goal, set a goal to increase the intensity of your activity.

## 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 as 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
<b>Males</b>	2 – 3 cups per day	4 – 5 cups per day
<b>Females</b>	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](http://www.choosemyplate.gov) to learn more.

For more recipes and tips, visit: [www.cachampionsforchange.net](http://www.cachampionsforchange.net)

