

# Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is

**tomatoes**



## 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 tomato is equal to about one cup of vegetables. One tomato is an excellent source of vitamin C, which helps heal cuts and wounds and helps lower the risk of infection. One medium tomato is also a source of vitamin A, which helps maintain good vision, fight infection, and keep skin healthy.

## Healthy Serving Ideas

Add plenty of tomatoes to sandwiches for a healthy punch to your lunch.



Sauté sliced red tomatoes with okra pods and sliced onions for a Southern-style side dish.



Cherry tomatoes are a delicious addition to grilled kabobs. Be careful to give the juices inside the tomatoes enough time to cool off before taking a bite.



## Shopper's Tips

- Look for plump tomatoes with smooth skin, an even color, and a sweet smell.
- Store ripe tomatoes at room temperature and away from direct sunlight for up to five days.
- Firm tomatoes can be ripened in a paper bag until they give slightly to gentle pressure.
- Only refrigerate tomatoes that have been cut or cooked.

## Let's Get Physical!

You don't need to complete all 30 minutes of your recommended physical activity at once. Try a 10-minute walk in the morning, taking the stairs throughout the day, and going for a walk after dinner. By the end of the day, you have met your physical activity goals!

## 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 |
|----------------|--------------------|--------------------------------|
| <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)

