

# Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is

## apples



### 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 sliced apples is a source of fiber. A ½ cup of sliced apples is about the size of half of one small apple. Fiber helps you feel full, helps keep your blood sugar level normal, and helps to avoid constipation. It is found only in plant foods.

### Healthy Serving Ideas

Mix chopped apples into your morning oatmeal for a hearty start to your day.



Add chopped apples and golden raisins to chicken salad for a healthy lunch.



Place 4 cored apples in a microwave safe dish and fill with raisins. Pour ½ cup of apple juice over the apples and sprinkle with nutmeg and cinnamon. Cover with plastic wrap and microwave on high for 5 minutes for a hot dessert!



### Shopper's Tips

- Look for apples that are smooth, firm, and have stems. Avoid apples with bruises or soft spots.
- Keep apples at room temperature for up to one week. Or, put in the refrigerator for up to three months.
- Do not keep apples in closed bags in the refrigerator.

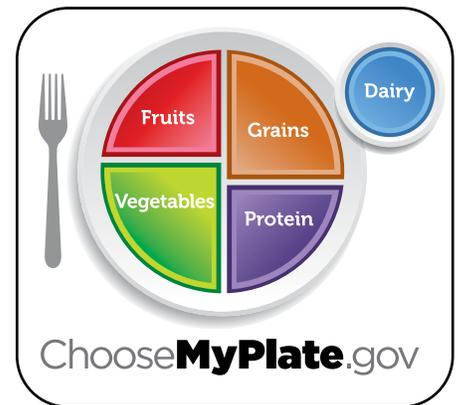
### Let's Get Physical!

Make physical activity fun and social! Grab a friend and walk around the mall, to the park, or during your lunch breaks! In the evenings, make time to be active as a family by going for a walk, riding bikes, or having a dance contest.

### 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)