

# Harvest of the Month



Network for a Healthy California  
Fall

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



## Health and Nutrition Go Hand-in-Hand

Eating a variety of colorful fruits and vegetables and getting daily physical activity will help your family stay healthy and prevent chronic diseases such as 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 your body heal cuts and wounds and maintain healthy gums. One medium tomato is also a source of vitamin A, which helps maintain healthy skin and eyesight.

## 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 meals and snacks throughout the day to reach your total daily needs.

### Recommended Daily Amount of Fruits and Vegetables

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	2½ - 5 cups per day	3½ - 5 cups per day

If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

For more recipes and tips, visit:

[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

