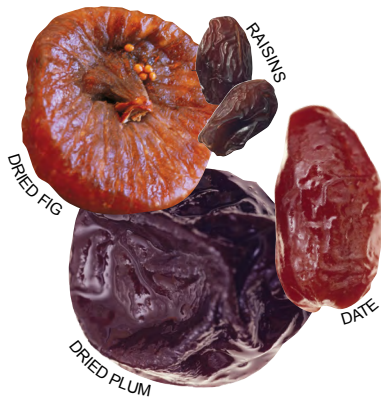


# Harvest of the Month



Network for a Healthy California

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



## Health and Nutrition Go Hand-in-Hand

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 ¼ cup of dried plums, chopped dates, or dried figs is a good source\* of fiber. Fiber helps you feel full, keep normal blood sugar levels, and avoid constipation. A ¼ cup of most dried fruit is also a source of potassium. This mineral helps your brain tell your muscles when to move and helps keeps a healthy blood pressure.

\*Good sources provide 10-19% Daily Value.

## Healthy Serving Ideas

Mix your favorite dried fruits with nuts or whole grain cereal to make your own “trail mix.” Enjoy as an on-the-go snack.



Add raisins to chicken or tuna salad for a sweet twist.



Add dried fruits to your morning cereal for extra fiber and natural sweetness.



## Shopper's Tips

- Buy dried fruits without added sugar.
- Put dried fruits in an airtight container to keep fresh.
- Keep in a cool, dry place like a cupboard. Or, keep in the refrigerator for up to six months.

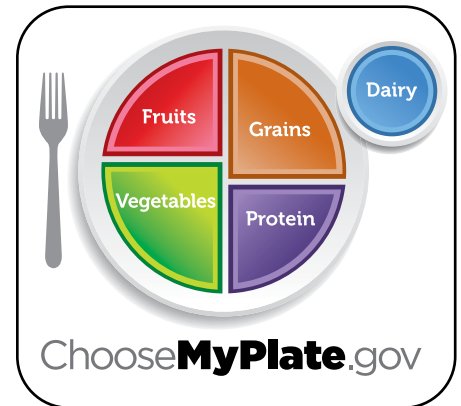
## Let's Get Physical!

Get your family moving during TV commercials. Spend that time doing jumping jacks, stomach crunches, or quickly 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. 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)

# Harvest of the Month



Network for a Healthy California

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



## Health and Learning Success Go Hand-in-Hand

Eating fruits and vegetables can help your child grow, be healthy, and do well in school. Make a commitment to your child's health. Add a variety of colorful fruits and vegetables to meals and snacks. Encourage your child to get at least 60 minutes of physical activity every day. Harvest of the Month can give you ideas to help your family be healthy and active.

## Produce Tips

- Dried fruit is available year round.
- Look for dried fruit sold in bulk quantity.
- Buy dried fruit without added sugar. They are already sweet.
- Store dried fruit in airtight containers to maintain freshness. Keep in a cool, dry location like a cupboard or refrigerator.
- Freeze dried fruit before chopping. They will be less sticky and easier to chop.

## Healthy Serving Ideas

- Let your child try a variety of dried fruit like dates, figs, plums, and apples to find their favorites.
- Top lowfat yogurt with dried fruit for breakfast, snacks, or dessert.
- Keep small boxes or bags of dried fruit with you for quick, on-the-go snacks.
- Add chopped dates and figs to salads.
- Serve dried fruit for dessert.

## TROPICAL FRUIT AND NUT SNACK MIX

Makes 5 servings.  $\frac{3}{4}$  cup per serving.  
Total time: 25 minutes

### Ingredients:

- 1 tablespoon butter
- $\frac{1}{4}$  cup honey\*
- 1 teaspoon almond or coconut extract
- 1 teaspoon ground cinnamon
- 2 cups old fashioned oats
- Nonstick cooking spray
- $\frac{1}{2}$  cup sliced almonds
- $\frac{3}{4}$  cup dried tropical fruit bits
- $\frac{1}{2}$  cup banana chips
- $\frac{1}{4}$  cup raisins

1. Preheat oven to 350 F.
2. Melt butter in a medium saucepan. Add honey, extract, and cinnamon and mix well. Stir in oats.
3. Transfer to a baking sheet coated with nonstick cooking spray. Spread mixture into a 1-inch thick layer.
4. Bake for 10 minutes, stirring once. Stir in almonds and bake for 5 to 10 minutes more.
5. Remove from oven and add in dried fruit. Let cool completely and serve.

\*Do not give honey to children under the age of one.

*Nutrition information per serving:*  
Calories 384, Carbohydrate 62 g, Dietary Fiber 7 g, Protein 9 g, Total Fat 13 g, Saturated Fat 4 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 67 mg

Adapted from: Network for a Healthy California, 2007.

## Let's Get Physical!

- Ask your child to help with chores that get the body moving.
- Make a calendar and plan at least one activity for your family to do each day.

For more ideas, visit:

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

## Nutrition Facts

Serving Size: $\frac{1}{4}$ cup dried plums (44g)	
Calories 104	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 17g	
Protein 1g	
Vitamin A 7%	Calcium 2%
Vitamin C 1%	Iron 2%

## How Much Do I Need?

- A  $\frac{1}{4}$  cup of dried plums, chopped dates, or dried figs is a good source of fiber.
- A  $\frac{1}{4}$  cup of most dried fruit is a source of potassium.
- Potassium is a mineral that helps your brain tell your muscles when to move.
- Potassium also helps keep a healthy blood pressure.
- Other excellent and good sources\* of potassium are avocados, beans, kiwifruit, papayas, spinach, Swiss chard, and winter squash.

The amount of fruits and vegetables that is right for each person in your family depends on age, gender, and physical activity level. Look at the chart below to find out how much each person in your family needs. Make a list of ways you can add more fruits and vegetables to your family's meals and snacks to help them reach their goals.

\*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

## 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.