

Harvest of the Month



Network for a Healthy California

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



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 grapefruit is an excellent source* of vitamin C. A ½ cup of grapefruit is about half of one medium grapefruit. Vitamin C helps your body heal cuts and wounds and lower your risk of infection. A ½ cup of grapefruit has good nutritional value and low calories.

*Excellent sources provide at least 20% Daily Value.

Healthy Serving Ideas

Enjoy plain grapefruit for breakfast.



Add a citrus splash to your green salads by topping them with peeled grapefruit slices.



Blend grapefruit slices with lowfat yogurt and frozen strawberries for a tasty smoothie.



Shopper's Tips

- Look for grapefruit that have smooth, glossy skin and feel heavy for their size.
- Keep grapefruit at room temperature for up to one week. Or, keep in the refrigerator for two weeks or longer.
- For the best flavor, enjoy grapefruit at room temperature.

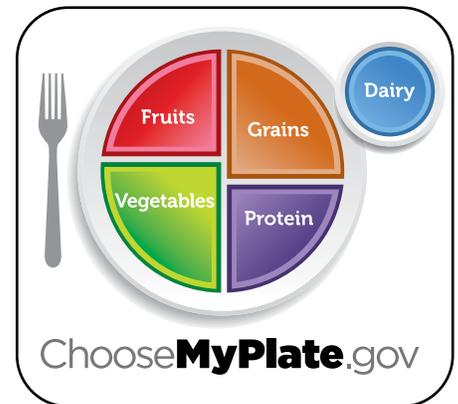
Let's Get Physical!

Physical activity can help you deal with stress. Take a walk with someone you can talk to about your stress. Or, just clear your mind while you enjoy your favorite activity – like biking, swimming, tennis, basketball, or yoga.

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

Harvest of the Month



Network for a Healthy California

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



Health and Learning Success Go Hand-in-Hand

There is no shortage of fruits and vegetables in California – even in winter! Fruits and vegetables can give your children the nutrition they need to stay healthy, grow, and learn. All forms count toward their daily needs – fresh, frozen, canned, dried, and 100% juice! *Harvest of the Month* gives you ideas to help your family enjoy more fruits and vegetables and be more active every day.

Produce Tips

- There are three main types of grapefruit: white/yellow, pink, and red.
- Choose grapefruit that have smooth, glossy skin and feel heavy for their size.
- Avoid grapefruit with brown or soft spots.
- Store grapefruit at room temperature for up to one week. Or, store in the refrigerator for over two weeks.
- Grapefruit is a hybrid fruit of oranges and pummelos.
- *Chinese grapefruit* is actually a pummelo, which is the largest citrus fruit.

For more information, visit:
www.fruitsandveggiesmatter.gov

Healthy Serving Ideas

- Combine grapefruit sections, sliced banana, and raisins with lowfat yogurt.
- Cut in half and serve chilled grapefruit with breakfast.
- Blend grapefruit chunks with equal parts oil and vinegar to make a zesty salad dressing.
- Try 100% grapefruit juice – it tastes great chilled or frozen like a popsicle.
- Toss peeled grapefruit segments into fruit or green salads.
- Enjoy a variety of citrus all year long – grapefruit, oranges, mandarins, kumquats, and pummelos.

CITRUS SALAD

Makes 4 servings. 2 cups per serving.
Prep time: 10 minutes

Ingredients:

- 5 cups chopped salad greens
- 1 large orange, peeled and sectioned
- 1 medium pink or red grapefruit, peeled and sectioned
- ½ cup chopped red onion
- 1 cup thinly sliced radishes
- ¼ cup sliced almonds
- 2 tablespoons light sesame dressing
- 2 tablespoons 100% orange juice

1. Place salad greens in a large bowl.
2. Combine all ingredients with salad greens.
3. Toss ingredients together. Serve immediately.

Nutrition information per serving:

Calories 136, Carbohydrate 21 g, Dietary Fiber 5 g, Protein 4 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 112 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions*, Network for a Healthy California, 2009.

Let's Get Physical!

- **At home:** Dance to music before breakfast and after dinner.
- **At work or school:** Get moving during breaks and recess – play, walk, skip, run, dance, or stretch. Active bodies make active minds.
- **With the family:** Map out safe routes to your favorite local spots and walk together.

For more ideas, visit:
www.cachampionsforchange.net

Nutrition Facts

Serving Size: ½ medium grapefruit (123g)	
Calories 46	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	5%
Sugars 9g	
Protein 1g	
Vitamin A 6%	Calcium 1%
Vitamin C 78%	Iron 1%

How Much Do I Need?

- Half of a medium grapefruit is about ½ cup of fruit.
- A ½ cup of sliced grapefruit is an excellent source of vitamin C.
- A ½ cup of sliced grapefruit has good nutritional value and low calories.
- Calories measure the energy found in food. The body needs energy to function, which is why we need to eat food to live.

The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart below to find out how many cups of fruits and vegetables you and your family need every day.

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	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 to learn more.

What's in Season?

California grown grapefruit are in peak season from winter through spring. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these citrus varieties – they are all excellent sources of vitamin C: grapefruit, kumquats, mandarins, oranges, pummelos, tangerines, and tangelos.