

# Harvest of the Month



Network for a Healthy California

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



## 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 mandarins is about one medium mandarin. One medium mandarin is an excellent source\* of vitamin C and a good source\*\* of vitamin A. Vitamin C helps the body heal cuts and wounds and helps lower the risk of infection. Vitamin C is found only in plant foods. Our bodies do not make or store vitamin C. So try to eat foods with vitamin C every day.

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

†Photography courtesy of Dole Food Company.

## Healthy Serving Ideas

Mandarins are easy to peel and make a great afternoon snack.



Add mandarin slices to green salads.



Mix cooked long grain rice with mandarins, crushed pineapple, chopped red onions, chopped cucumbers, and chopped mint for a refreshing side dish.†



## Shopper's Tips

- Look for mandarins with glossy, deep orange skins and stems still attached. (Some patches of green near the stem are okay to eat.)
- Keep mandarins on the counter for a few days. Or, keep in the refrigerator for up to one week.

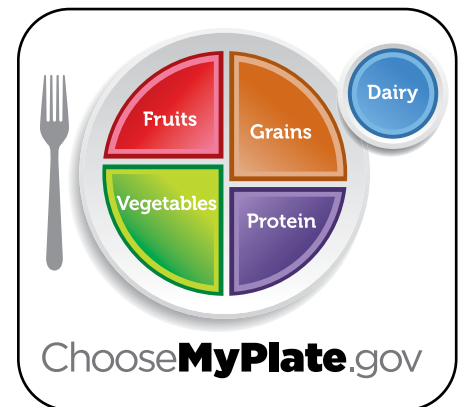
## Let's Get Physical!

Get your heart pumping during the cold winter months. Try walking up and down your local mall. There is plenty of security and the temperature is just right. If you walk outside, dress in layers to help you stay warm at the start of your walk. Then, you can take off a layer or two as you warm up.

## 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)



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