

# Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured produce is **tomatoes**



## 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 tomatoes is a good source\* of vitamin C and vitamin A. A ½ cup of sliced tomatoes is about one small tomato. Tomatoes also have lots of lycopene. Lycopene is a powerful antioxidant that may help lower the risk of some forms of cancer, promote heart health, and help keep the immune system healthy.

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

## Healthy Serving Ideas

Add lots of tomatoes to sandwiches for a healthy punch to your lunch.



Sauté chopped red tomatoes with okra pods and sliced onions for a Southern-style side dish.



Cherry tomatoes are a tasty 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. They should feel slightly firm.
- Keep ripe tomatoes at room temperature and away from direct sunlight for up to five days.
- Put firm tomatoes in a paper bag until ripe.
- Put cut or cooked tomatoes in the refrigerator for up to two days.

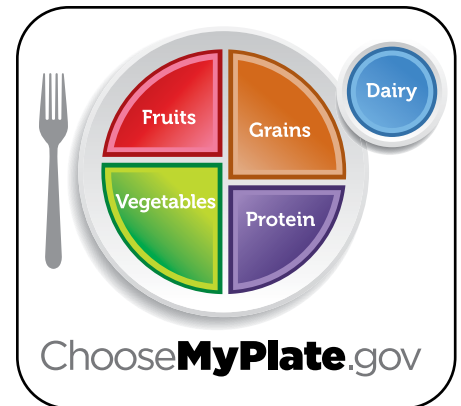
## Let's Get Physical!

You don't need to complete all 30 minutes of recommended daily physical activity at once. Try a brisk 10-minute walk in the morning, take the stairs throughout the day, and go for a walk after dinner. By the end of the day, you may have met your 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. 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)