

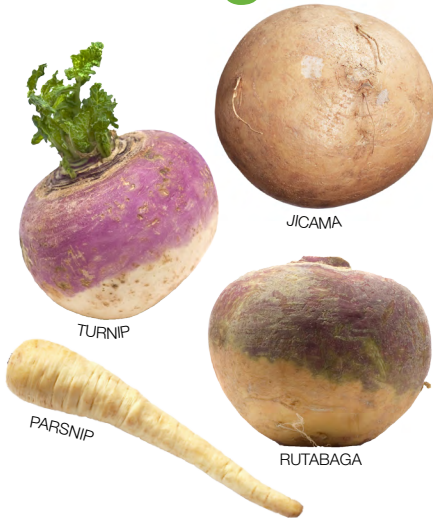
Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is

root vegetables



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 most root vegetables – like jicama, rutabagas, and turnips – is an excellent source* of vitamin C. Root vegetables are rich in complex carbohydrates, which give you longer lasting energy.

*Excellent sources provide at least 20% Daily Value.

Healthy Serving Ideas

Blend peeled and sliced jicama with canned pineapple, fresh orange slices, and 100% orange juice for a refreshing drink.



Enjoy jicama with lime juice and chili powder for an afternoon snack.



Slice and boil parsnips in low-sodium chicken broth to make mashed parsnips instead of potatoes.



Shopper's Tips

- Pick firm, smooth **jicama** with no bruises or spots. Store in a cool, dry place for up to four months. Keep sliced jicama in a sealed plastic bag in the refrigerator for up to one week.
- Choose small- to medium-sized **turnips** that are smooth, round, and firm. Store in a cool, dry place for up to two months or in the refrigerator for up to two weeks.
- Look for **rutabagas** that are heavy, smooth, round, and firm. Store in a cool, dry place for up to four months or in the refrigerator for one month.

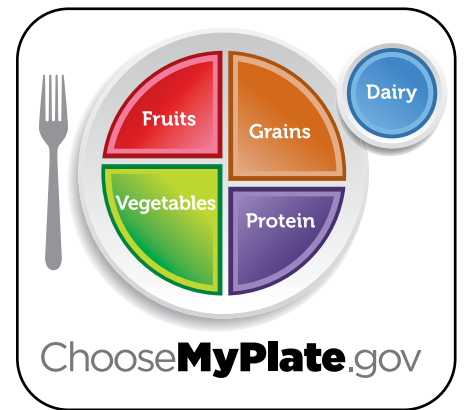
Let's Get Physical!

Physical activity is more fun and easy to do with others. Start a walking group at work. Get your friends together for a weekly game of soccer or basketball.

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



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips. © California Department of Public Health 2013



EAT ROOT VEGETABLES

Nutrition Facts

Serving Size: ½ cup raw jicama, sliced (60g)
 Calories 23 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 0g	
Vitamin A 0%	Calcium 1%
Vitamin C 20%	Iron 2%



Root or Tuber?

Root vegetables are plants you can eat that grow underground. There are different kinds of root vegetables, including **roots** and **tubers**. Look at this list of root vegetables. Draw a circle around the roots and underline the tubers. Then, answer if you have tried it and if you liked it. (*answers below*)

Root Vegetable	Have you tried it? Did you like it?
1 Carrot	
2 Potato	
3 Radish	
4 Turnip	
5 Parsnip	
6 Jicama	
7 Rutabaga	
8 Yam	

Reasons to Eat Root Vegetables

A ½ cup of most root vegetables – like jicama, potatoes, rutabagas, turnips – has lots of vitamin C. Eating root vegetables is also a good way to get healthy complex carbohydrates. Complex carbohydrates give your body energy, especially for the brain and nervous system.

Complex Carbohydrate Champions:*

Corn, dry beans, peas, and sweet potatoes.

*Complex Carbohydrate Champions are a good or excellent source of complex carbohydrates.

How Much Do I Need?

A ½ cup of sliced root vegetables is about one cupped handful. Most varieties can be eaten raw (jicama, turnips) or cooked (potatoes, rutabagas). They come in a variety of colors from white and yellow to red and purple.

Remember to eat a variety of colorful fruits and vegetables throughout the day. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how much you need.

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	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/kids to learn more.

Answers: (1) root, (2) tuber, (3) root, (4) root, (5) root, (6) root, (7) root, (8) tuber

