

# 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.

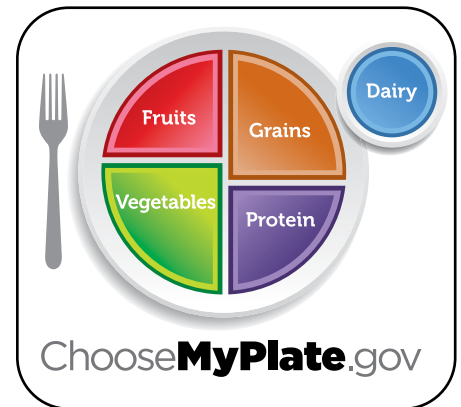
## Let's Get Physical!

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?

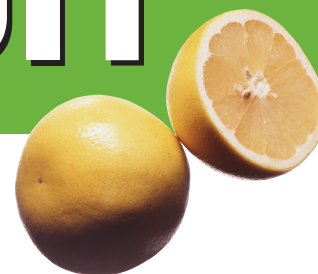
The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:

- Make half your plate fruits and vegetables to reach your total daily needs!



For more recipes and tips, visit:  
[www.CaChampionsForChange.net](http://www.CaChampionsForChange.net)

# EAT GRAPEFRUIT



## 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%

## Citrus Galore

Look at this list of citrus varieties and circle your favorites. Draw stars next to the ones you would like to try.

- Kumquats
- Lemons
- Limes
- Moro or “Blood” Oranges
- Navel Oranges
- Pummelos or “Chinese” Grapefruit
- Ruby Red Grapefruit
- Tangerines
- Valencia Oranges
- White or Yellow Grapefruit

## You Say Orange, I Say Naranja

Draw a line to match these fruits and colors with their names in Spanish. (answers below)

- |                   |            |
|-------------------|------------|
| 1. Grapefruit     | Roja       |
| 2. White          | Amarillo   |
| 3. Tangerine      | Anaranjado |
| 4. Red            | Mandarina  |
| 5. Lemon          | Lima       |
| 6. Yellow         | Naranja    |
| 7. Orange (fruit) | Toronja    |
| 8. Orange (color) | Verde      |
| 9. Lime           | Limón      |
| 10. Green         | Blanco     |

Adapted from: [www.sunkist.com/kids/games/pdf/supermarket.pdf](http://www.sunkist.com/kids/games/pdf/supermarket.pdf)

## Reasons to Eat Grapefruit

Eating grapefruit and drinking 100% grapefruit juice are excellent ways to get vitamin C. Both have good nutritional value and are low in calories.

Calories measure the energy found in food.

Different foods and drinks have different amounts of energy, or calories. Your body needs energy to work and this is why you need to eat.

## How Much Do I Need?

A half of a medium grapefruit is about ½ cup of fruit. The number of cups 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 many cups you need.

Remember to eat a variety of colorful fruits and vegetables throughout the day – fresh, frozen, canned, dried, and 100% juice. It will help you reach your total daily needs.

## Recommended Daily Amounts of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Boys</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Girls</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/kids](http://www.mypyramid.gov/kids) to learn more.

