Healthy Serving Ideas
• Freeze 100% apple juice in an ice tray or in a paper cup with a popsicle stick. Serve as a snack or dessert.
• Use unsweetened applesauce to make lower fat baked goods. Replace shortening or oils in baking with an equal amount of applesauce plus one-third of the oil called for in the recipe.

For more ideas, visit:
www.cachampionsforchange.net

TUNA APPLE SALAD
Makes 4 servings. 1 cup per serving.
Prep time: 15 minutes
Ingredients:
2 (6-ounce) cans water packed tuna, drained
2 tablespoons chopped red onion
1 medium apple, cored and chopped
¼ cup chopped celery
¼ cup golden raisins
3 tablespoons fat free Italian dressing
2 cups salad greens
2 medium whole wheat pitas
1. In a small bowl, stir tuna, onion, apple, celery, raisins, and two tablespoons of dressing together.
2. In another bowl, toss salad greens with remaining dressing.
3. Cut pitas in half to make 4 pita pockets.

Nutrition information per serving:
Calories 216, Carbohydrate 27 g, Dietary Fiber 4 g, Protein 25 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 26 mg, Sodium 544 mg
Adapted from: Everyday Healthy Meals, Network for a Healthy California, 2007.

How Much Do I Need?
• A ½ cup of sliced apples is about one cupped handful. This is about the size of half of a small apple.
• A ½ cup of sliced apples is a source of fiber.
• Fiber helps you feel full, helps keep your blood sugar level normal, and helps to avoid constipation. It is found only in plant foods.
• Fruits and vegetables are an important part of an overall healthy, balanced diet.
Go to www.mypyramid.gov to learn about the other food groups.
• Discuss with your child what your favorite fruits or vegetables are, why you like them, and your favorite ways to eat them.

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 Amount of Fruits and Vegetables*

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td>Females</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
</tr>
</tbody>
</table>

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Let’s Get Physical!
• “Walk to School” Week takes place the first week of October. Join your child’s “Walk to School” Week activities. Visit www.cawalktoschool.com for more information.
• If walking to school is not possible, consider other safe places to walk — a park, shopping mall, or around your neighborhood.
• Take a family walk after dinner.
For more physical activity ideas, visit: www.kidnetic.com

Nutrition Facts
Serving Size: ¼ cup apples, sliced (55g)
Calories 28 Calories from Fat 0
% Daily Value
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 1mg 0%
Total Carbohydrate 8g 3%
Dietary Fiber 1g 5%
Sugars 6g
Protein 0g
Vitamin A 1%    Calcium 0%
Vitamin C 4%    Iron 0%

Produce Tips
• Look for apples that are firm and do not have bruises or soft spots.
• Store apples at room temperature for up to one week. Or, refrigerate apples for up to three months. Do not refrigerate apples in closed bags.
• To keep apples from browning, prepare fresh apple dishes just before serving. Or, pour 100% apple juice over fresh apple slices.