Healthy Serving Ideas
- Eat a cool, crisp cucumber for a thirst-quenching snack.
- Add sliced cucumbers to salads or sandwiches for extra crunch.
- Make a cucumber and tomato pita sandwich.
- Mix sliced cucumbers with vinegar, water, salt, and pepper for a side dish.
- Serve sliced cucumbers with lowfat yogurt dip for a healthy snack.

VEGGIE TORTILLA ROLL-UPS
Makes 4 servings.
1 tortilla roll per serving.
Prep time: 20 minutes
Ingredients:
4 whole wheat tortillas (7-inch)
8 tablespoons (½ cup) nonfat cream cheese
2 cups shredded romaine lettuce or fresh chopped spinach
1 cup chopped tomato
½ cup chopped bell pepper (any color)
¼ cup chopped cucumber
¼ cup diced canned green chilies
¼ cup sliced ripe olives, drained
1. Spread each tortilla with 2 tablespoons of cream cheese.
2. Top with equal amounts of vegetables.
3. Roll up tightly to enclose filling and serve.
Nutrition information per serving:
Calories 128, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 427 mg
Adapted from: Everyday Healthy Meals, Network for a Healthy California, 2007.
For more recipes, visit: www.cachampionsforchange.net

Let’s Get Physical!
- At home: Start a garden for you and your family.
- At work: Take stretching breaks! Stretch a couple of minutes for every hour you work.
- At school: Encourage your child to get involved with the school garden.
- With the family: Get everyone involved in planting and weeding!
For gardening ideas, visit: www.kidsgardening.org

How Much Do I Need?
- A ½ cup of sliced cucumber is about one cupped handful.
- A ½ cup of cucumbers is a good source of vitamin K, which helps your blood clot.
- Cucumbers are about 96% water.
The recommended daily amount of fluid is about eight cups per day, or 64-ounces total. Your body needs water to keep every part working. Fruits and vegetables have water. Eating them can help you get the eight cups of fluid you need daily. The amount of fruits and vegetables you need depends on your age, gender, and physical activity level.

Recommended Daily Amounts of Fruits and Vegetables*

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<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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<tbody>
<tr>
<td>Males</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
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<tr>
<td>Females</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
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*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

What’s in Season?
California grown cucumbers are available year-round, but have the most flavor during spring and summer. Buy locally grown fruits and vegetables in season – they may be fresher and cost less than varieties shipped from other states or countries.
Try these other champion sources of water: cabbage, celery, melons, radishes, spinach, strawberries, and tomatoes.