Healthy Serving Ideas
• Use avocados to make guacamole and salsa dips. Serve with baked tortilla chips, baked potatoes, or salads.
• Mash avocados and spread on sandwiches instead of mayonnaise.
• Top scrambled eggs with diced avocados instead of cheese.

For more ideas, visit: www.cachampionsforchange.net

AVOCADO TORTILLA SOUP
Makes 8 servings. 1 cup per serving.
Total time: 30 minutes

Ingredients:
3 (14-ounce) cans low-sodium chicken broth
2 (10¾-ounce) cans low-sodium condensed tomato soup
½ bunch cilantro, leaves only
3 cloves garlic, finely chopped
½ teaspoon ground black pepper
1 ripe avocado, peeled, pitted, and chopped
8 corn tortilla chips, crumbled

1. In a large pot over high heat, combine chicken broth, tomato soup, cilantro, garlic, and pepper. Bring to a boil, then reduce heat and simmer for 10 minutes.
2. Cool slightly, then purée small batches in a blender.
4. Serve warm or chilled. Sprinkle with crumbled tortilla chips.

Nutrition information per serving:
Calories 134, Carbohydrate 17 g, Dietary Fiber 2 g, Protein 5 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 350 mg

Adapted from: Everyday Healthy Meals, Network for a Healthy California, 2007.

Let’s Get Physical!
• Make plans for you and your child to ride your bikes to work and school.
• If riding bikes to work or school is not possible, plan a bike ride in your neighborhood or other safe route.
• Let each family member pick one new game or activity each week that your family can try together.

For more ideas, visit: www.bikeleague.org

How Much Do I Need?
• A ¼ cup of sliced avocado is about one cupped handful.
• A ¼ cup of sliced avocado is a good source of fiber, vitamin C, vitamin B₆, folate, potassium, and vitamin K.
• Avocados are also a good source of monounsaturated fat, which is a healthy fat your body needs.
• Monounsaturated fat is an oil that helps lower the “bad” cholesterol in your body and may help raise the “good” cholesterol.
• Healthy fats can be found in canola oil, nuts, olives, olive oil, and some cold water fish varieties (salmon, canned light tuna, rainbow trout, cod, halibut).

The Harvest of the Month featured fruit is **avocados**

Health and Learning Success Go Hand-in-Hand
California grown fruits and vegetables are at their peak during the summer months. Eating nutritious foods like fruits and vegetables can help your child do better in school. Buy fresh, canned, frozen, and dried fruits and vegetables. **Harvest of the Month** can help your family learn about fruits and vegetables, how to eat healthy, and how to be active every day.

Produce Tips
• Pick avocados that are firm but give to gentle pressure. Hass avocados turn dark green or black when ripe. Other varieties remain green.
• Place unripe avocados in a paper bag for two days at room temperature.
• Store ripe avocados in refrigerator for up to one week.
• Cut lengthwise around the seed, twist open, and remove the seed.
• Rub lemon or lime juice onto cut avocados to avoid browning.

Nutrition Facts
Serving Size: ½ cup avocado, sliced (73g)
Calories 117 Calories from Fat 89 % Daily Value
Total Fat 11g 16%
Saturated Fat 2g 8%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 5mg 0%
Total Carbohydrate 6g 2%
Dietary Fiber 5g 20%
Sugars 0g
Protein 1g
Vitamin A 2% Calcium 1%
Vitamin C 12% Iron 2%

Recommended Daily Amount of Fruits and Vegetables*

<table>
<thead>
<tr>
<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>
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<tr>
<td>Females</td>
<td>2½ - 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.

For more ideas, visit: www.cachampionsforchange.net