Health and Learning Success
Go Hand-in-Hand

There is no shortage of fruits and vegetables in California – even in winter! Fruits and vegetables can give your children the nutrition they need to stay healthy, grow, and learn. All forms count toward their daily needs – fresh, frozen, canned, dried, and 100% juice! Harvest of the Month gives you ideas to help your family enjoy more fruits and vegetables and be more active every day.

Produce Tips
• There are three main types of grapefruit: white/yellow, pink, and red.
• Choose grapefruit that have smooth, glossy skin and feel heavy for their size.
• Avoid grapefruit with brown or soft spots.
• Store grapefruit at room temperature for up to one week. Or, store in the refrigerator for over two weeks.
• Grapefruit is a hybrid fruit of oranges and pummelos.
• Chinese grapefruit is actually a pummelo, which is the largest citrus fruit.

For more information, visit: www.fruitsandveggiesmatter.gov

Let’s Get Physical!
• At home: Dance to music before breakfast and after dinner.
• At work or school: Get moving during breaks and recess – play, walk, skip, run, dance, or stretch. Active bodies make active minds.
• With the family: Map out safe routes to your favorite local spots and walk together.

For more ideas, visit: www.cachampionsforchange.net

Nutrition Facts
Serving Size: ½ medium grapefruit (123g)
Calories 46
Calories from Fat 1

<table>
<thead>
<tr>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
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<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
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<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
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<tr>
<td>Cholesterol 0mg</td>
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<tr>
<td>Sodium 0mg</td>
<td>0%</td>
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<tr>
<td>Total Carbohydrate 12g</td>
<td>4%</td>
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<tr>
<td>Dietary Fiber 1g</td>
<td>5%</td>
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<tr>
<td>Sugars 9g</td>
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<td>Protein 1g</td>
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Vitamin A 6%  Calcium 1%
Vitamin C 78%  Iron 1%

How Much Do I Need?
• Half of a medium grapefruit is about ½ cup of fruit.
• A ½ cup of sliced grapefruit is an excellent source of vitamin C.
• A ½ cup of sliced grapefruit has good nutritional value and low calories.
• Calories measure the energy found in food. The body needs energy to function, which is why we need to eat food to live.

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 Amounts of Fruits and Vegetables*

<table>
<thead>
<tr>
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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 grapefruit are in peak season from winter through spring. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these citrus varieties – they are all excellent sources of vitamin C: grapefruit, kumquats, mandarins, oranges, pummelos, tangerines, and tangelos.

CITRUS SALAD

Makes 4 servings. 2 cups per serving.
Prep time: 10 minutes

Ingredients:
5 cups chopped salad greens
1 large orange, peeled and sectioned
1 medium pink or red grapefruit, peeled and sectioned
½ cup chopped red onion
1 cup thinly sliced radishes
¼ cup sliced almonds
2 tablespoons light sesame dressing
2 tablespoons 100% orange juice

1. Place salad greens in a large bowl.
2. Combine all ingredients with salad greens.
3. Toss ingredients together. Serve immediately.

Nutrition information per serving:
Calories 136, Carbohydrate 21 g, Protein 4 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 112 mg, Sugars 9 g, Fiber 5 g

Adapted from: Soufflous Recipes: Building Healthy Traditions, Network for a Healthy California, 2009.