

# Harvest of the Month



Network for a Healthy California

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.

## 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](http://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.
  3. Return to pot and add avocado. Heat thoroughly.
  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](http://www.bikeleague.org)

## 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%

## How Much Do I Need?

- A ½ cup of sliced avocado is about one cupped handful.
- A ½ cup of sliced avocado is a good source of fiber, vitamin C, vitamin B<sub>6</sub>, 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 amount of fruits and vegetables that each person needs depends on age, gender, and physical activity level. Look at the chart below to find out how much each person in your family needs. Then, make a list of everyone’s favorite fruits and vegetables. Add these to everyday meals and snacks to help your family get the recommended amount of fruits and vegetables every day.

## Recommended Daily Amount of Fruits and Vegetables\*

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