

Harvest of the Month



Network for a Healthy California
December

The Harvest of the Month featured produce is **dried fruits**



Why Eat Dried Fruits?

- Most dried fruits like dates, figs, plums and raisins are a source of dietary fiber. Fiber helps maintain steady blood sugar levels.
- Dried fruits are a source of the mineral potassium. The body needs potassium to maintain muscle contractions and a healthy nervous system.
- Figs and raisins contain iron, an essential mineral important for energy.
- Dried fruits are also high in calcium, Vitamin A, Vitamin C, B-complex vitamins and magnesium.

Health and Learning Success Go Hand-in-Hand

National Youth Health Day occurs in December. Fruits and vegetables help children grow, develop and do well in school. Make a commitment to your child's health by including a variety of colorful fruits and vegetables in meals and snacks and encouraging your child to get at least one hour of physical activity every day.

TRAIL MIX

Ingredients:
(Makes 14 servings at ½ cup each)
2 cups dried fruits, chopped (at least 3 varieties)*
1 cup nuts**
2 cups pretzels
2 cups lowfat cereal or granola

*Dried fruits: dates, figs, plums, raisins, apples, apricots, cranberries, bananas, mangos

**Nuts: almonds, peanuts, cashews, sunflower seeds, walnuts, pistachios

1. Combine all ingredients in large bowl.
2. Place ½ cup servings in individual containers. Enjoy as snack or dessert.

Adapted from: *Power Play!* Trail Mix, Public Health Institute, 2003.

For more dried fruit recipes, visit:
www.cachampionsforchange.net

Produce Tips

- Dried fruits are available all year.
- Look for dried fruits sold in bulk quantity.
- Buy dried fruits without added sugar. They are already sweet.
- Store dried fruits in airtight container to maintain freshness.
- Store in a cool, dry location like a cupboard or refrigerator.
- Freeze dried fruits before chopping. They will be less sticky and easier to chop.

Helping Your Child Eat Healthy

- Introduce your child to a variety of dried fruits (e.g., dates, figs, plums, apples) and pick your family's favorites.
- Add raisins or dried cranberries to hot and cold cereals.
- Top lowfat yogurt with dried fruit and lowfat granola cereal for breakfast, an afternoon snack or dessert.
- Keep small boxes or bags of dried fruits with you for an on-the-go snack.
- Add chopped dates and figs to salads.
- Let your child make trail mix.
- Serve dried fruits for dessert.

For more ideas, visit:

www.californiadriedplums.org
www.californiafigs.com
www.calraisins.org
www.datesaregreat.com

Let's Get Physical!

- Ask your child to help with chores that get the body moving.
- Make a calendar and schedule at least one activity for your family to do each day.
- Instead of watching TV, play a card or board game that exercises your brain.

For more physical activity ideas, visit:
www.verbnow.com

How Much Do I Need?

A serving of dried fruits is about one-quarter cup. This amount is about five to six dates; three to five dried figs; five dried plums; or a small box of raisins.

Help your child eat a variety of colorful fruits and vegetables throughout the day. These can be fresh, frozen, canned (in water or 100 percent fruit juice) or dried.

Recommended Daily Amounts of Fruits and Vegetables*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

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



Lub Hlis Sau Qoob

Network for a Healthy California
Lub Kaum Ob Hlis Ntuj Xyoo 2008

Lub Hli Sau Qoob no yog qhia txog Tej Txiv Hmab Txiv Ntoos Qhuav Vim Li Cas Thiaj Yuav Tau Noj Tej Txiv Hmab Txiv Ntoos Qhuav No?

- Ntau yam txiv hmab txiv ntoos qhuav xws li txiv toov laj loj qhuav (dates), txiv kaum pias qhuav (figs), txiv nkhabw qhuav (plums) thiab txiv qav qhuav (raisins) muaj ib cov hlab. Noj cov txiv ntoos qhuav uas muaj hlab ntawd yuav pab cais yam qab zib hauv cov ntshav kom haum.
- Txiv hmab txiv ntoos qhuav muaj cov (potassium). Neeg lub cev yuav tsum muaj cov Potassium los txo tej tso qaij kom txhob nruj thiab pab kom tej leeg xa xov (nervous system) muaj zog.
- Txiv kaum pias qhuav (Figs) thiab cov txiv qab qhuav (raisins) muaj cov kuab iron, yog ib co kuab tseem ceeb pab kom lub cev muaj zog.
- Cov txiv hmab txiv ntoos qhuav no muaj cov txo ntxiv pob txha (calcium) ntau, muaj Vitamin A, muaj Vitamin C, vitamins B-complex thiab cov magnesium ntau heev thiab.

Kev Kawm Tau Ntawv Thiab Kev Noj Qab Nyob Zoo Yuav Tsum Muaj Sib Nrawg Nroos

Hnub National Youth Health Day yog muaj rau lub Kaum Ob Hlis Ntuj. Noj txiv hmab txiv ntoos thiab tej zaub yog pab rau me nyuam kom loj hlob, thiab pab lub hlwb kom kawm tau ntawv zoo. Koj yuav tau mob siab lis kom muaj ntau yam zaub mov thiab txiv hmab txiv ntoos rau koj cov me nyuam noj txhua puas thiab nrhiav khoom txom ncauj rau lawv txhua hnub. Xyaum coj koj cov me nyuam mus hom khaj dhia ua si ib hnub li ib teev los tshaj tej.

Xaiv Tu Cia

- Txiv hmab txiv ntoos qhuav muaj noj thawm niaj thawm xyoo.
- Mus yuav txiv hmab txiv ntoos qhuav nyob rau tej qhov chaw muag txiv hmab txiv ntoos ntau ntau.
- Yuav cov txiv hmab txiv ntoos qhuav uas tsis muaj piam thaj xyaw. Vim cov txiv hmab txiv ntoos qhuav yeej qab zib txaus lawm.
- Muab txiv hmab txiv ntoos qhuav ntim rau tej lub fwj muaj hau kaw kom cua txhob nkag es noj thiaj qab li qub.
- Muab khaws cia rau tej chaw txias, tej chaw qhuav qhawv li cov theem tsee los yog lub tub yees (refrigerator).
- Muab cov txiv hmab txiv ntoos qhuav tso rau lub tub yees kom khov ua ntej yuav muab txhoov. Yog khov lawm yuav tsis muaj qhov nplaum nplaum thiab yuav zoo txhoov dua.

Xyaum Me Nyuam Kom Paub Noj Tej Zaub Mov Uas Muaj Txiaj Ntsim Rau Lub Cev

- Qhia me nyuam kom paub tias txiv hmab txiv ntoos qhuav muaj ntau yam (xws li, txiv toov laj loj (dates), txiv kaum pias (figs), txiv nkhabw (plums), txiv av pauj (apples) xaiv yuav yam koj tsev neeg nyiam noj xwb los tau.
- Muab cov txiv qav qhuav (raisins) los sis cov cranberries qhuav do xyaws cereals kub los tau xias los tau noj.
- Xyaw cov txiv ntoos qhuav rau lowfat yogurt los sis lowfat granola cereal noj tshais, noj ua khoom qab zib txom ncauj rau yav tav su los tau.
- Muab txiv ntoos qhuav ntim tej me nyuam hnab cia noj taug kev.
- Muab txiv toov laj loj thiab txiv kaum pias qhuav txhoov xyaw xam lav noj.
- Cia me nyuam muab sib tim xyaw yam lawv nyiam es lawv thiaj noj.
- Noj txiv ntoos qhua ua khoom qab zib thaum noj mov tas.

Xav tau tswv yim ntxiv, saib hauv qab no:

www.californiadriedplums.org
www.californiafigs.com
www.calraisins.org
www.datesaregreat.com

Yuav Tau Siv Lub Cev!

- Hais koj tus me nyuam pab dej num hauv tsev es nws lub cev thiaj hauj zas.
- Teev ib daim caij nyoog rau koj tsev neeg kom ib hnub twg yuav tsum muaj ib yam los hom khaj pab lub cev.
- Txhob zaum saib TV xwb, yuav tsum nrhiav tej yam game los pab lub hlwb kom khiav nrawm.

Xav tau tswv yim los pab ntxiv, xyuas qhov website hauv qab no:

www.verbnow.com

Kuv Yuav Noj Npaum Li Cas Thiaj Txaus?

Noj ib zaug yog li ntawm ib txhais tes puv nkaus. Nws yuav muaj txog li 5-6 lub txiv toov laj loj qhuav (dates); noj 4-5 lub txiv kaum pias qhuav (figs); noj 5 lub txiv nkhabw qhuav (dried plums); los yog ib me nyuam kav txiv qav qhuav (raisins). Pub koj cov me nyuam noj txiv hmab txiv ntoos thiab zaub kom txhua yam kob (xim) thiab txhua puas. Noj cov de tshiab tshiab, cov nkoog (frozen), cov kos poom (canned) (cov ua kua 100% kua txiv) los yog cov qhuav.