

# Harvest of the Month



Network for a Healthy California  
May

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



Hass avocado

## Helping Your Child Eat Healthy

- Use avocados to make guacamole and salsa dips. Serve with baked tortilla chips, potatoes or on salads.
- Add sliced avocados to green salads or vegetable soups.
- Try mashed avocados as a spread on sandwiches in place of mayonnaise or butter.
- Top scrambled eggs with diced avocados instead of cheese.
- Serve green fruits and vegetables to help maintain healthy vision and strong bones and teeth.

For more ideas, visit:

[www.avocado.org](http://www.avocado.org)

[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

## Health and Learning Success Go Hand-in-Hand

California grown fruits and vegetables are at their peak during the summer months. Studies show that students who eat more fruits and vegetables learn better. Enroll your child in the Summer Food Service Program. It will help your child reach his/her total daily needs for fruits and vegetables. **Harvest of the Month** helps your family learn about California's bounty of fruits and vegetables and ways to eat healthy and be active.

## AVOCADO TORTILLA SOUP

Ingredients:

(Makes 8 servings at 1 cup each)

- 3 (14-ounce) cans low-sodium chicken broth**
- 2 (10<sup>3</sup>/<sub>4</sub>-ounce) cans low-sodium condensed tomato soup**
- 1/2 bunch cilantro, leaves only**
- 3 cloves garlic, finely chopped**
- 1/2 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 ground black pepper. Bring to a boil, then reduce heat and simmer for 10 minutes.
2. Cool slightly, then puree small batches in a blender.
3. Return to pot and add avocado. Heat thoroughly.
4. Ladle into soup bowls and sprinkle with crumbled tortilla chips.
5. Serve warm or chilled.

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

## 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 to three days at room temperature.
- Store ripe avocados in refrigerator up to one week.
- To serve, cut lengthwise around the seed, twist halves open and remove seed. Scoop out fruit or slice.
- Rub lemon or lime juice onto cut fruit to avoid browning.

## Nutrition Facts

Serving Size: 1/4 cup avocado, sliced (30g)

Amount per Serving

Calories 50 Calories from Fat 39

% Daily Value

**Total Fat** 5g **7%**

Saturated Fat 1g **3%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 2mg **0%**

**Total Carbohydrate** 3g **1%**

Dietary Fiber 2g **8%**

Sugars 0g

**Protein** 1g

Vitamin A 1% Calcium 0%

Vitamin C 4% Iron 1%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

## Let's Get Physical!

- May is National Bike Month. Make arrangements 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.
- After dinner, spend family time working in the garden. It will help you and your child unwind in the evening.
- Let each family member pick one new physical activity each week that your family can try together. Do this in addition to your regular activities.

For more ideas, visit:

[www.bikeleague.org](http://www.bikeleague.org)

## How Much Do I Need?

A serving of avocados is one-quarter cup sliced avocado. This is about one-fifth of a medium avocado. Remember to eat a variety of colorful fruits and vegetables throughout the day to help reach your total daily needs.

## Recommended Daily Amounts of Fruits and Vegetables\*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2 1/2 - 5 cups per day	3 1/2 - 6 1/2 cups per day	3 1/2 - 6 1/2 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.



**CHAMPIONS for CHANGE**  
Network for a Healthy California

# Harvest of the Month

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Kev Sau Qoob lub hlis no yog hais txog hom txiv ntoo hu ua **Asvauskadaus**

## Ua Pab Kom Me Nyuam Nyiam Noj Tej Yam Muaj Txiaj Ntsim Rau Nws Lub Cev

- Siv cov txiv avauskadaus no tuav xyaw kuav txob thiab txiv lws suav rau me nyuam ntsw chip noj thiab do xyaw xam lav noj.
- Muab txhoov ua tej daim xyaw xam lav nyoos los sis hau xyaw zaub noj.
- Muab asvauskasdaus tuav kom mos mos es muab pleev daim khob cij rau me nyuam noj zoo dua siv roj npaws los sis mayonnaise.
- Thaum kib qe tsis txhob rau cheese xyaw, muab asvauskasdaus txhoov tej daim nyias nyias tso rau saum cov qe xwb.
- Yuav tsum hau tej zaub nplooj ntsuab thiab muab txiv hmab txiv ntoo rau me nyuam noj thiaj pab tau lawv cov qhov muag pom kev zoo, pab lawv cov pob txha thiab kaus hniav khov.

Xav tau tswv yim ntxiv, mus saib hauv:

[www.avocado.org](http://www.avocado.org)

[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

## Yuav Kawm Tau Ntawv Zoo Los Yuav Tsum Yog Muaj Kev Noj Qab Nyob Zoo

Lub xeev California muaj ntau yam qoob loo thiab txiv hmab txiv ntoo noj nyob rau lub caij ntuj sov no. Kev kawm tshawb tau tias cov me nyuam kawm ntawv tus uas noj txiv hmab txiv ntoo thiab zaub ntau dua yeej kawm tau ntawv zoo tshaj thiab. Coj koj tus me nyuam mus sau npe rau ntawm qhov chaw Summer Food Service Program, nws thiaj li qhia tau koj tus me nyuam txog kev noj tej zaub thiab tej txiv hmab txiv ntoo txaus koj tus me nyuam lub cev. Saib daim ntawv **Sau Qoob Raws Hli** no los pab qhia koj tsev neeg kom paub txog xeev California tej qoob loo, kev noj zaub thiab noj txiv hmab txiv ntoo thiab kev siv lub cev hom khaj thiab ua kom lub cev nquag.

## Kev Xaiv thiab Tu Cia

- Xaiv yuav lub txiv asvauskadaus uas khov kho tiam sis nias pib zooj lawm. Hom hu ua hass asvauskadaus daim tawv ntsuab tsaus thaum siav lawm daim tawv dub dub. Yog lwm hom nws siav lawm los daim tawv yeej ntsuab.
- Muab cov txiv tsis tau siav ntim rau hauv lub hnab ntawv cia ntawm tej li 2-3 hnub nws mam siav nws.
- Cov siav lawm yog muab tso rau hauv tsee txias ntev li ib lim piam los tseem zoo noj.
- Thaum yuav noj, muab phua ncaj ncaj nruab nrab, es mam tuav ob sab ntawm lub txiv muab ntswj kom lub noob plam tawm.
- Muab diav kaus tawm los sis phua tej txauj.
- Yog tseem tsis tau noj sai no nco ntsoov muab kua txiv npaws ywv( lime juice) pleev rau thiaj tsis dub.

## Hom Khaj Ua Ke!

- Lub Tsib Hlis yog thoob teb chaws lub hli caij tsheb kauj vab(Naitonal Bike Month). Teem sij hawm nrog koj cov me nyuam caij tsheb kauj vab ua ke mus ua hauj lwm thiab mus tom tsev kawm ntawv.
- Yog hais tias qhov chaw ua hauj lwm los sis tsev kawm ntawv nyob deb, ces caij ncig nej koog tsev los sis caij taug tej txoj kev uas tsis plhom sij.
- Tom qab noj hmo tag, coj tsev neeg mus dob nroj nraum tej vaj zaub. Ua li no yuav pab tau koj thiab koj tus me nyuam muaj kev kaj siab rau yav tsaus ntuj.
- Hais kom tsev neeg ib leeg xaiv ib txoj hauj lwm uas siv lub cev rau tsev neeg ua uake rau ib lim piam. Ua raws li hais no tas mus li.

Xav tau tswv yim ntxiv, mus saib hauv:

[www.bikeleague.org](http://www.bikeleague.org)

## Kuv Yuav Noj Npaum Li Cas?

Ib zaug twg noj txiv asvauskadaus uas chais tau lawd kom ntau li ib feem plaub ntawm ib khob. Npaum no ces ntau li ib feem tsib ntawm ib lub txiv asvauskadaus hom nrab. Nco qab ntsoov tias ib hnub twg yuav tsum noj ob pib yam txiv hmab txiv ntoo thiab zaub thiaj zoo rau koj lub cev.

Cov Me Nyuam Yaus Hnub Nyooog 5-12 xyoos	Cov Hluas Hnub Nyooog 13-18 xyoos	Cov Laus Uas Hnub Nyooog 19+ xyoos Rov Saud
2 ½ -5 Khob ib hnub	3 ½ - 6 ½ khob ib hnub	3 ½ - 6 ½ khob ib hnub

\* Yog tias koj nquag nquag ua ub ua no, ces ib hnub twg noj ntau khob dua li qhia saud toj no.

Mus saib hauv [www.mypyramid.gov](http://www.mypyramid.gov) kawm ntxiv.