

# CWD Healthy Update

CWD Nutrition  
Services Department

Volume 21, Issue 21

June 2, 2017

## June is Fresh Fruit & Vegetable Month

Health experts recommend that we fill half of our plate with fruits and vegetables. For someone eating approximately 1800 calories/day, this would translate to  $2\frac{1}{2}$  cups of vegetables and  $1\frac{1}{2}$  cups of fruits each day.

In addition, it is recommended that we eat a variety of vegetables each week. This includes choosing dark green vegetables, red and orange vegetables, beans and peas, starchy vegetables, as well as all others.

When you are choosing fruits, variety is also a key.

Choose whole or cut fruits more often than juice as they are better sources of fiber.



One of the benefits of a diet containing a variety of fruits and vegetable is that they are excellent sources of phytochemicals. Phytochemicals are natural bio-active compounds found in fruits & vegetables which

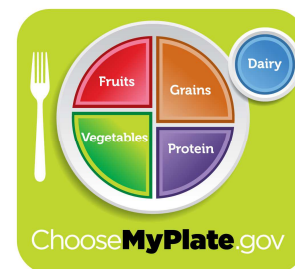
work with other nutrients in the body to promote health.

Some examples of the ways phytochemicals function include:

- ◆ They act as antioxidants.
- ◆ They can stimulate detoxification enzymes.
- ◆ They stimulate the nervous system.

For more information on how to add fruits and vegetables to your meals, check out the myplate website at:

[www.choosemyplate.gov](http://www.choosemyplate.gov).



## Weekly Produce Update

Avocados—California's crop is about half the size of last year's crop.

Broccoli—quality is good and demand steady.

Cauliflower—quality is excellent with steady demand.

Celery—demand exceeds supply.

Lettuce—demand is up and supplies are light to moderate.

Leaf & Romaine—good volume is expected. Some

quality issues.

Strawberries—quality is strong & the market flat.

Oranges—Navel season is ending. The Valencia crop is 30% lighter than last year's crop.

## Celebrate June!

- National Dairy Month
- National Iced Tea Month
- Turkey Lover's Month
- National Candy Month
- National Fresh Fruit & Vegetable Month

