

# August

Each announcement begins with, "Here's your Daily Scoop of good nutrition news!"

Each announcement ends with, "Remember, healthy choices are KEY for success!"

<input type="checkbox"/> <p>Our fruit Harvest of the Month is America's most popular berry - the strawberry. And because it's a berry, it's packed with super nutrients like vitamin C, which helps your immune system fight germs.</p>	<input type="checkbox"/> <p>Our vegetable Harvest of the Month is the pea, which grows in a pod. Peas and beans that grow in pods are called legumes. Legumes are a good source of protein for energy and strength</p>	<input type="checkbox"/> <p>Your immune system is different organs inside your body working together - like a team - to fight germs and sickness. Sweet red strawberries are a scrumptious snack with Vitamin C, to help build a stronger immune system and fight disease.</p>	<input type="checkbox"/> <p>Little green peas are a good source of a B vitamin called Thiamin. Thiamin is very important for a healthy nervous system, a system of electrical cables running all through your body, that send signals to your brain, so you can feel... see... hear... and move your body!</p>	<input type="checkbox"/> <p>Summer is in full swing, and the Farmer's Market is full of delicious and nutritious harvests like sweet red strawberries. Eating a rainbow of fresh fruits and vegetables each day can definitely help keep the doctor away.</p>
<input type="checkbox"/> <p>Let's get the week off to a good start with healthy food choices to strengthen your immune system. Your immune system is made up of the different organs &amp; cells inside your body. These organs and body cells all work together - like a team - to fight against disease.</p>	<input type="checkbox"/> <p>Peas, our vegetable Harvest of the Month, are a type of vegetable called a Legume. Legumes count as both a vegetable and a protein food - providing double the goodness for double energy and strength!</p>	<input type="checkbox"/> <p>Every season there are new and delicious plants to harvest. The late summer harvests can be tangy red tomatoes and juicy red watermelon, both rich in Vitamin C, a nutrient that helps cuts to heal.</p>	<input type="checkbox"/> <p>The best fuel for a strong body and sharp mind is fruits and vegetables in all the colors of the rainbow. Each different color represents a special nutrient that your body needs. That's why it's important to eat a rainbow of colors every day!</p>	<input type="checkbox"/> <p>It's important to move your body every day to build strong bones. Exercise and sunshine are KEY for strong bones. <i>Let's Move</i> today, and let's make it a motion filled weekend with fun activity in the San Diego SUN!</p>
<input type="checkbox"/> <p>Let's start the week off right, by choosing natural foods, like fruits and vegetables, grown by farmers. The opposite is processed food, made with artificial flavors and ingredients. Natural foods boost energy.</p>	<input type="checkbox"/> <p>Food is energy for our body and brain. Energy in food is measured in "calories," similar to how height is measured in inches. Berries measure low in calories, so they're a smart snack for good energy and a healthy weight.</p>	<input type="checkbox"/> <p>A ½ cup of sweet peppers (green, yellow, and red varieties) has lots of vitamin C. Eating sweet red peppers is also a good way to get vitamin B6. Vitamin B6 helps your body build healthy blood cells. Don't forget to eat a rainbow of colors every day!</p>	<input type="checkbox"/> <p>When you pick a berry from a vine or an orange from a tree, that's called harvesting. Fruits and vegetables are the most nutritious - meaning they have the most nutrients - when they are eaten fresh and ripe, just after they are harvested.</p>	<input type="checkbox"/> <p>Exercise, plus Vitamin D are very, very important for strong bones, so <i>Let's Move</i> today, and all weekend long with a nature walk or a bike ride for fun in the Sun, <i>and</i> Vitamin D from the sun.</p>

<p><input type="checkbox"/></p> <p>This month, delicious melons and tomatoes are ripe for picking. Their red color tells you that they are rich in special nutrients called phytonutrients. Like the name suggests, phytonutrients help fight disease.</p>	<p><input type="checkbox"/></p> <p>A ½ cup of melon has lots of vitamin C. Eating melons is also a good way to get carotenoids. Carotenoids are antioxidants that are good for your body and may help lower your risk for some diseases.</p>	<p><input type="checkbox"/></p> <p>Late summer is a great time to harvest and enjoy watermelon. It's watermelon season, meaning now is the time of year when watermelon is the most nutritious, packed with vitamins and minerals.</p>	<p><input type="checkbox"/></p> <p>Eating a ½ cup of sliced tomatoes is a good way to get vitamin C and vitamin A. Tomatoes are also a great source of lycopene. Lycopene can help keep your heart and immune system healthy. Your body cannot make lycopene so you need to get it from most red fruits and vegetables.</p>	<p><input type="checkbox"/></p> <p>Eating healthy helps your <i>immune system</i>. Your immune system is different parts of your body - all working together like an army - to fight attacks from germs. Exercise helps your immune system to fight strong too. So, <i>Let's Move</i> with fun activities that make our soul feel good.</p>
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