

# Harvest of the Month



Network for a Healthy California

## Dragon Fruit

The *Harvest of the Month* featured fruit is

### Healthy Serving Ideas

A healthy serving of dragon fruit is typically a 3.5-ounce (100-gram) serving, which provides around 60-90 calories, 13g of carbohydrates, 3g of fiber, and 8g of sugar. Dragon fruit is a good source of vitamin C, magnesium, and iron, and it also contains antioxidants and prebiotics that promote gut health.

### Produce Tips

When selecting dragon fruit, look for bright pink skin and a texture that is semi-firm to the touch, indicating ripeness. Avoid fruits with shriveled skin or dry scales, as this indicates they may be overripe. If the fruit is too firm, it can be left at room temperature for a couple of days to ripen.

### Dragon Fruit Smoothie

serving Size: 2 People

Prep time: 6 Minutes

### Ingredients

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- 1 banana, peeled
- 1 dragon fruit, peeled and cut into chunks
- 6 (about 1 cup) large strawberries, caps removed and halved
- 1 ½ tbsp honey
- 1 cup lowfat plain Greek yogurt
- 1 cup ice cubes

### Directions

- Combine all ingredients in a blender and blend on high until smooth, about 1 minute.

### Recommended Daily Amount of Fruits and Vegetables\*

Females	Kids, Ages 5-12 and up	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
	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.

### Nutrition Facts

Servings per container about 3.5

Serving Size 5oz (140g)

Amount per serving

**Calories 90**

	% DV*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 5g	18%
Total Sugars 9g	
Incl. Added Sugars 0g	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 16mcg	2%
Iron 1mg	6%
Potassium 310mg	6%
Vitamin C 12mg	15%
Magnesium 45mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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### How Much Do I Need?

The amount of dragon fruit you need depends on how you plan to use it. For eating as a snack, one or two fruits might be enough. If you're making a larger dish like a fruit salad, you might need several. It's generally recommended to have 2-3 servings daily, which can be eaten raw or incorporated into various recipes.

Dragon fruit is a good source of several beneficial nutrients, including fiber, antioxidants, and vitamins, particularly vitamin C. It also contains prebiotic compounds that can promote a healthy gut microbiome.

Discuss with your child what your favorite fruits or vegetables are, why you like them, and your favorite ways to eat them.



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

Healthy eating can help with your child's success in school. Eating the recommended amount of fruits and vegetables can help kids do better in school. Explore, taste, and learn about eating more fruits and vegetables and being active every day.

### Let's Get Physical!

- Let's get Physical!
- Walk to school if possible
- If walking to school is not possible, consider other places to walk - a park, shopping mall, around your neighborhood.
- Take a family walk after dinner.