

Michigan Harvest of the Month



Michigan Nutrition Network at

Michigan Fitness Foundation

The Michigan Harvest of the Month™ featured vegetable is **corn**



Health and Learning Success Go Hand-in-Hand

Studies show that children who eat meals with families tend to eat more fruits and vegetables than children who eat alone. One of the best ways to encourage children to eat fruits and vegetables is to join them. Expose your child to new and old favorites. Michigan Harvest of the Month™ provides an opportunity for students to try new fruits and vegetables and make healthy recipes to serve your family and friends.

Produce Tips

- Choose fresh, green husks and ears that are covered with plump, shiny kernels.
- Avoid silks that show signs of rot or decay.
- Store fresh corn in a cool location or in the refrigerator for up to three days.
- Keep a bag of corn in the freezer for last minute meal ideas.
- When buying canned corn, look for low-sodium varieties.

Healthy Serving Ideas

- Add corn to your favorite salad recipes using fresh, frozen, or canned corn.
- Stuff corn and black beans into whole wheat pita pockets for a healthy sandwich.
- Sprinkle corn kernels on pizza for a new take on toppings.
- Add frozen or canned corn to your favorite casserole or soup.

CORN AND GREEN CHILI SALAD

Makes 4 servings. $\frac{3}{4}$ cup each.

Cook time: 10 minutes

Ingredients:

- 1 (10-ounce) can diced tomatoes with green chilies, drained
- 2 cups frozen corn, thawed (or 2 cups canned corn, drained)
- 2 tablespoons chopped fresh cilantro or $\frac{1}{2}$ teaspoon dried cilantro flakes
- $\frac{1}{3}$ cup sliced green onions (optional)
- $\frac{1}{2}$ tablespoon vegetable oil
- 1 tablespoon lime juice

1. In a medium bowl, mix tomatoes, corn, cilantro, and green onions.
2. In a small bowl, whisk oil and lime juice together.
3. Pour dressing over salad and mix well. Serve immediately.

Nutrition information per serving:

Calories 94, Carbohydrate 19 g, Dietary Fiber 3 g, Protein 3 g, Total Fat 2g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 94 mg

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



Let's Get Physical!

- **At home:** Turn off the television and turn on the radio to dance to your favorite music with your child.
- **At work:** Take a walk around your worksite with a co-worker.
- **At school:** Walk, jog, or bike to and from school with your child.
- **With the family:** Go to a local park and play tag with the whole family!

For more ideas, visit:

www.cdc.gov/physicalactivity

Nutrition Facts

Serving Size: $\frac{1}{2}$ cup corn (82g)	
Calories 89	Calories from Fat 9
% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 3g	
Vitamin A 4%	Calcium 0%
Vitamin C 9%	Iron 3%

How Much Do I Need?

- A $\frac{1}{2}$ cup of corn is about one small ear of corn. This is about the same as one cupped handful of corn kernels.
- A $\frac{1}{2}$ cup of corn provides a good source of folate and thiamin.
- Thiamin is also called vitamin B₁. It helps your body use energy.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Fresh, frozen, canned, and dried corn all count towards your daily recommended amounts. Set a good example by letting your child see you eat fruits and vegetables too.

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2 $\frac{1}{2}$ - 5 cups per day	4 $\frac{1}{2}$ - 6 $\frac{1}{2}$ cups per day
Females	2 $\frac{1}{2}$ - 5 cups per day	3 $\frac{1}{2}$ - 5 cups per day

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

What's in Season?

Fresh Michigan grown corn is in peak season during the late summer to fall. Frozen and canned corn varieties are available year-round.

Try these other good or excellent sources of thiamin: beans (black, lima, navy, pinto, soy), fortified breakfast cereals, pasta, rice, and whole grain products.