

Michigan Harvest of the Month



Michigan Nutrition Network at™

Michigan Fitness Foundation

The Michigan Harvest of the Month™ featured fruit is

grapes



Health and Learning Success Go Hand-in-Hand

Help your child eat nutritious foods, like fruits and vegetables, and get at least 60 minutes of physical activity every day. This can help your child do better in school. Michigan Harvest of the Month™ can help your family learn how to eat a variety of colorful fruits and vegetables and be more active every day.

Produce Tips

- Look for firm, plump, brightly colored bunches of grapes. Avoid bunches that are shriveled, sticky, have brown spots, or have dry, brittle stems.
- Remove any soft, brown grapes before storing.
- Store fresh grapes in a sealed container or plastic bag for up to 10 days in the refrigerator.
- Just before use, rinse grapes under cool water.

Healthy Serving Ideas

- Add sliced grapes to pita sandwiches, chicken salads, and pasta.
- Rinse and freeze grapes for a quick snack.
- Carry raisins with you for a ready, on-the-go snack.
- Drink 100% fruit and vegetable juices instead of sugary drinks.
- Frozen, canned, and dried fruits and vegetables are just as nutritious as fresh. Keep a variety in your kitchen for more meal options.

GREAT GRAPE SMOOTHIE

Makes 2 servings. 1 cup per serving.

Prep time: 5 minutes

Ingredients:

- 1 cup seedless grapes
- ½ cup frozen cherries
- ½ cup unsweetened frozen strawberries
- ½ cup orange slices
- ½ cup banana slices

1. Combine all ingredients in a blender. Blend until mixture is smooth.
2. Pour into glasses and serve immediately.

Helpful Hint: For a thicker consistency, freeze grapes before blending ingredients. To freeze grapes, rinse, dry, and spread grapes in a single layer on a cake or pie pan. Cover and freeze 1½ to 2 hours until frozen.

Nutrition information per serving:

Calories 187, Carbohydrate 48 g, Dietary Fiber 5 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 4 mg

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



Let's Get Physical!

- Take a family trip to a local community center or pool for cool, summer activities.
- Explore nature at a local park or hiking trail.
- Ask your child to help you wash the car or windows. Getting wet can be a fun and refreshing activity in the summer heat.

For more ideas, visit: www.letsmove.gov

Nutrition Facts

Serving Size: ½ cup grapes (76g)	
Calories 52	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	3%
Sugars 12g	
Protein 1g	
Vitamin A 1%	Calcium 1%
Vitamin C 14%	Iron 2%

How Much Do I Need?

- A ½ cup of red or green grapes is a good source* of vitamin C and vitamin K.
- Grapes are also a source of carbohydrates, mostly in the form of simple carbohydrates, which are commonly called sugars.
- Sugars provide a quick source of energy for your body.
- Foods that are high in refined sugars (e.g., cake, cookies, soda) provide calories, but very little nutrition. It is best to limit these sugars.

The amount of fruits and vegetables that each person in your family needs depends on age, gender, and physical activity level. If your family is very active, try to eat the high number of cups per day. Children need at least 60 minutes of physical activity every day. Serve a variety of colorful fruits and vegetables throughout the day to help keep your family healthy.

*Good sources provide 10–19% Daily Value.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5–12	Teens and Adults, Ages 13 and up
Males	2½–5 cups per day	4½–6½ cups per day
Females	2½–5 cups per day	3½–5 cups per day

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

