

Michigan Harvest of the Month



Michigan Nutrition Network at™
Michigan Fitness Foundation

The Michigan Harvest of the Month™ featured vegetable is

green beans



Health and Learning Success Go Hand-in-Hand

Children who eat nutritious food and are physically active are healthier. Being more active can help your child achieve higher test scores in school. Help prepare your child by being active and eating healthy together. With Michigan Harvest of the Month™, your family can learn how to eat more fruits and vegetables and be active every day.

Produce Tips

- Try different types of green beans (e.g., string, snap, Chinese long beans).
- Choose green beans with a bright green color. Make sure the beans are plump and firm with no damage or decay.
- Place green beans in a plastic bag with small holes. Store in the refrigerator for up to five days.
- Wash green beans and snap off (or cut) both ends before cooking.

Healthy Serving Ideas

- Toss raw green beans into salads.
- Sprinkle lemon juice and dill over steamed green beans.
- Sauté frozen green beans with a small amount of oil and sliced almonds.
- Keep washed, cut green beans in the refrigerator for a quick, healthy snack.
- Green beans can be found fresh, canned, or frozen – all forms are nutritious! (Hint: Look for low-sodium canned varieties.)

CREOLE GREEN BEANS

Makes 8 servings. 1 cup per serving.
Cook time: 25 minutes

Ingredients:

- 2 teaspoons vegetable oil
 - 2 small cloves garlic, chopped
 - 1 (16-ounce) package frozen cut green beans
 - 1 cup chopped red bell pepper
 - 1 cup chopped tomatoes
 - ½ cup chopped celery
 - ½ teaspoon salt
 - ¼ teaspoon cayenne pepper
1. Heat oil in large skillet over low heat.
 2. Sauté garlic in oil for 1 minute.
 3. Add green beans and bell peppers; increase heat to medium and cook for 5 to 7 minutes.
 4. Stir in rest of the ingredients and cook for another 5 to 7 minutes. Serve hot.

Nutrition information per serving:
Calories 35, Carbohydrate 6 g, Dietary Fiber 2 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 159 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.*



Let's Get Physical!

- Play an outdoor game with your family after dinner – like tag or soccer.
- Practice stretching before bedtime. It may help your child relax.

For more ideas, visit:
www.letsmove.gov

Nutrition Facts

| | |
|---------------------------------------------|---------------------|
| Serving Size: ½ cup fresh green beans (50g) | |
| Calories 16 | Calories from Fat 0 |
| % Daily Value | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 3mg | 0% |
| Total Carbohydrate 3g | 1% |
| Dietary Fiber 1g | 6% |
| Sugars 2g | |
| Protein 1g | |
| Vitamin A 7% | Calcium 2% |
| Vitamin C 10% | Iron 3% |

How Much Do I Need?

- A ½ cup of green beans is about one cupped handful. This is about 10 medium green beans.
- A ½ cup of green beans is a good source of vitamin C and vitamin K.
- Green beans also have fiber. Fiber helps you feel full, keeps your blood sugar levels normal, and helps you avoid constipation.
- Examples of good or excellent sources* of fiber are avocados, beans, berries, cooked greens, figs, kiwis, peas, soybeans, and whole wheat breads and cereals.

The amount of fruits and vegetables that is right for each person depends on age, gender, and physical activity level. Eating a variety of colorful fruits and vegetables throughout the day will help you reach your goal. All forms count toward the recommended amount – fresh, frozen, canned, dried, and 100% juice. Try to serve at least one fruit or vegetable to your child with every meal and snack.

*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

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.