

Michigan Harvest of the Month



Michigan Nutrition Network at™

Michigan Fitness Foundation

The Michigan Harvest of the Month™ featured fruit is **plums**

JAPANESE PLUM



Health and Learning Success Go Hand-in-Hand

Learning does not end when the school day ends. And neither does the need for healthy food choices! Growing students need nutritious foods all year long to help the body and mind grow and function. Michigan Harvest of the Month™ can help your family eat healthy and be more active.

Produce Tips

- Look for plums with solid color: red, purple, black, light green, or yellow.
- Choose firm plums that give slightly to gentle pressure.
- Ripen hard plums in a paper bag at room temperature for up to three days.
- Store ripe plums in the refrigerator for up to five days.

For more information, visit:
www.michiganplum.com

Healthy Serving Ideas

- Pack whole ripe plums in lunches or enjoy as afternoon snacks.
- Add sliced plums to green salads.
- Make a stone fruit salad with peaches, plums, and apricots.
- Top lowfat yogurt with sliced plums and granola for breakfast or dessert.
- Blend fresh or frozen plums with lowfat milk and ice. Or, substitute milk with lowfat frozen yogurt.
- Visit a local farmers' market to find Michigan grown plums—they taste great and usually cost less. Look for pluots and apriums, too!

SAVORY GRILLED FRUIT

Makes 8 servings. ½ plum each.

Cook time: 8 minutes

Ingredients:

4 plums, halved and pitted

1. Using covered barbeque grill, cook halved plums over medium, indirect heat for 4 minutes.
2. Turn over plums and cook for an additional 4 minutes.
3. Serve while hot.

Nutrition information per serving:

Calories 19, Carbohydrate 5 g, Dietary Fiber 1 g, Protein 0 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 0 mg

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

For more recipes, visit:
www.michiganplum.com/recipes



Let's Get Physical!

- **At home:** Start the day with jumping jacks.
- **At work:** Take stairs instead of the elevator.
- **At school:** Walk around the school yard before and after school.
- **With the family:** Swim at a community pool or play at a local park.

It is important to drink plenty of water while being active. Drink water before, during, and after any physical activity.

To assess your physical activity, visit:
www.supertracker.usda.gov

Nutrition Facts

Serving Size: 1 medium plum (66g)	
Calories 30	Calories from Fat 2
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 0g	
Vitamin A 5%	Calcium 0%
Vitamin C 10%	Iron 1%

How Much Do I Need?

- One medium-sized plum is about a ½ cup of fruit.
- One medium-sized plum is a good source of vitamin C, which helps your body heal cuts and wounds and maintain healthy gums.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Look at the chart below to find out how much you need. Remember to eat a variety of colorful fruits and vegetables throughout the day.

Recommended Daily Amounts 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.

What's in Season?

Michigan grown plums are in peak season during summer. They are usually available from May to October. Michigan grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these other good sources of vitamin C: peaches, apricots, grapes, melons, tomatoes, peppers, zucchini, and green beans.