

# Michigan Harvest of the Month



Michigan Nutrition Network at™  
Michigan Fitness Foundation

The Michigan Harvest of the Month™ featured vegetable is

## spinach



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

Studies show that children who eat breakfast do better in school and are more alert. It is important your child eats healthy and gets at least 60 minutes of physical activity every day. Use *Michigan Harvest of the Month™* to explore, taste, and learn about eating more fruits and vegetables and being active.

### Produce Tips

- Fresh spinach can be found loose or bagged.
- Choose fresh spinach leaves that are green and crisp. Avoid leaves that are limp, damaged, or spotted.
- Store fresh spinach in an open plastic bag in the refrigerator for up to four days.
- Rinse spinach leaves in cool water and pat dry just before using.
- Spinach can also be found canned or frozen. They are nutritious too. Choose low-sodium varieties.

### Healthy Serving Ideas

- Use fresh spinach to make a tasty salad. Add sliced mandarins or dried berries and toss with lowfat balsamic vinaigrette.
- Add chopped frozen spinach to lasagna, casseroles, and soups.
- Stir-fry fresh, canned, or frozen spinach. Add garlic, onion, chopped bell peppers, carrots, or other favorite vegetables for a colorful side dish.
- Sauté spinach with eggs. Top with chopped tomatoes for breakfast.
- Use fresh spinach on sandwiches instead of lettuce.

### VEGGIE TORTILLA ROLL-UPS

Makes 4 servings. 1 tortilla per serving.  
Prep time: 20 minutes

#### Ingredients:

- 4 (7-inch) whole wheat tortillas
- ½ cup nonfat cream cheese
- 2 cups fresh chopped spinach
- 1 cup chopped tomato
- ½ cup chopped bell pepper
- ½ cup chopped cucumber
- ¼ cup diced canned green chiles
- ¼ cup sliced ripe olives, drained

1. Spread each tortilla with 2 tablespoons of cream cheese.
2. Top each tortilla with equal amounts of vegetables.
3. Roll up tightly to enclose filling. Slice each roll-up in half. Serve.



Nutrition information per serving:  
Calories 128, Carbohydrate 20 g, Dietary Fiber 4 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 427 mg

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

### Let's Get Physical!

- Take your child to the park. Fly a kite, kick a soccer ball, or play a game of tag.
- Encourage your child to walk the dog (or your neighbor's dog) after school. Make this a routine to do together.
- Ask your child to help you clean the house. Turn on the music and dance while you sweep, dust, or vacuum.

For more ideas, visit:  
[www.bam.gov](http://www.bam.gov)

### Nutrition Facts

Serving Size: 1 cup fresh spinach (30g)	
Calories 6	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	2%
Sugars 0g	
Protein 1g	
Vitamin A 56%	Calcium 3%
Vitamin C 14%	Iron 4%

### How Much Do I Need?

- One cup of fresh spinach is about two cupped handfuls. This is also about the same as ¼ cup of cooked spinach. (Spinach shrinks a lot when cooked!)
- One cup of fresh spinach is an excellent source of vitamin A and vitamin K.
- A ½ cup of cooked spinach is an excellent source of vitamin A, vitamin K, and folate. It is also a good source of calcium, iron, potassium, vitamin C, and vitamin B<sub>6</sub> – all important vitamins and minerals to keep your body healthy.
- Vitamin K helps stop cuts and scrapes from bleeding too much and helps the healing process. Vitamin K works with calcium to help build strong bones.

The amount of fruits and vegetables each person needs depends on age, gender, and physical activity level. Be a champion for your family's health. Look at the chart below to find out how much each person in your family needs to be healthy. Make a plan to help them eat the recommended amount and get at least 60 minutes of physical activity every day.

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

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [choosemyplate.gov](http://choosemyplate.gov) to learn more.