

# Michigan Harvest of the Month



Michigan Nutrition Network at™

Michigan Fitness Foundation

The Michigan Harvest of the Month™ featured vegetable is

## salad greens



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

Students who eat healthy and get regular physical activity often do better in the classroom. Enjoy Michigan's bounty of fruits and vegetables and outdoor activities. With *Michigan Harvest of the Month™*, your family can explore, taste, and learn how to eat more fruits and vegetables and be physically active every day.

### Produce Tips

- Look for dark green leaves. Choose lettuce heads that are tight and firm.
- Wrap salad greens in slightly damp paper towels. Place in a plastic bag with holes for air. Store in the refrigerator for up to one week.
- Rinse lettuce with cold water. Gently pat dry leaves before using.

### Healthy Serving Ideas

- Try different kinds of salad greens to find out which ones your child likes.
- Add salad greens like romaine, green leaf, and red leaf lettuce to sandwiches.
- Ask your children to create their own salads. Let them pick out the vegetables and toppings they want to use.
- Add color to salads with carrot strips, shredded purple cabbage, or even fruit (e.g., oranges, apples, raisins).
- Use or make lowfat salad dressings. Ask the produce manager at your local store for recipe tips.

### MANDARIN ORANGE SALAD

Makes 6 servings. 1½ cups per serving.

Prep time: 5 minutes

#### Ingredients:

- 1 head lettuce (Romaine, red leaf, green leaf)
  - 1 can Mandarin Oranges, in lite syrup, drained
  - ½ cup sliced almonds
  - Poppy seed dressing
1. Tear lettuce into bite sized pieces and place in a large bowl. Toss lettuce with Mandarin oranges. Sprinkle sliced almonds on top. Serve with poppy seed dressing.

*Nutrition information per serving:*

Calories 113, Carbohydrate 11 g, Dietary Fiber 1.5 g, Protein 2 g, Total Fat 7 g, Cholesterol 5mg, Sodium 217 g

Adapted from: *Healthy Latino Recipes Made With Love, Network for a Healthy California, 2008.*



### Let's Get Physical!

- You are a role model. It is important that your child sees you being active.
- Go for a morning or evening jog. Have your child ride next to you on a bike.
- Play one of your favorite outdoor childhood games with your family.

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

### Nutrition Facts

Serving Size: 1 cup green leaf lettuce, shredded (36g)	
Calories 5	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	2%
Sugars 0g	
Protein 0g	
Vitamin A 53%	Calcium 1%
Vitamin C 11%	Iron 2%

### How Much Do I Need?

- One cup of salad greens is about two cupped handfuls.
- One cup of salad greens (butterhead, green leaf, red leaf, romaine, iceberg) is an excellent source\* of vitamin K.
- Most varieties of salad greens are also a good source\* of vitamin A and folate.
- Vitamin K helps stop cuts and scrapes from bleeding too much. It also works with calcium to help build strong bones.

The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level. Add a variety of colorful fruits and vegetables to your plate at every meal – red, yellow/orange, blue/purple, green, and white/tan/brown. This will help you reach your daily goals.

\*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
<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 [www.choosemyplate.gov/](http://www.choosemyplate.gov/) to learn more.

### Did You Know?

Dark lettuce leaves have more nutrients than lighter-colored leaves.