

# Michigan Harvest of the Month



Michigan Nutrition Network at  
Michigan Fitness Foundation

The Michigan Harvest of the Month™ featured vegetable is **beets**



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

You can help your child learn how to make healthy choices. Students need to take what they learn in school and use it in their daily lives. Serve healthy meals with a variety of colorful fruits and vegetables. Set aside time each day for your family to be active. *Michigan Harvest of the Month™* can help you and your child be healthy and more active – for a lifetime.

## Let's Get Physical!

- **At home:** Set aside 10 minutes in the morning and at night to do chores (sweeping, mopping, and cleaning). Then, set aside 20 minutes for fun play time.
- **With the family:** Teach your child some of your favorite childhood games – *Mother-May-I*, *Red Rover*, hopscotch, and hula-hoop.

For more ideas, visit:  
[www.shapeup.org](http://www.shapeup.org)

## Healthy Serving Ideas

- Steam beets and slip off the skins. Sprinkle lightly with seasonings and enjoy.
- Roast beets with skins on in the oven at 375 degrees for about 40 minutes.
- Add fresh sliced or canned beets to spinach salads.
- Sauté beet greens with chopped onion and garlic for a healthy side dish.

## MANDARIN BEET SALAD

Makes 4 servings. 1 cup each.  
Prep Time: 10 minutes

### Ingredients:

- 2 cups canned beets, drained, cut into strips
- 1 cup canned mandarin oranges (packed in 100% juice)
- 1 cup raisins

1. Drain mandarin oranges and keep ¼ cup of the juice.
2. In a bowl, combine beets, mandarins, raisins, and ¼ cup of reserved juice. Mix well.
3. Serve immediately or chilled.

### Nutrition information per serving:

Calories 92, Carbohydrate 24 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 80 mg

Adapted from: Hawthorne School District, *Network for a Healthy California*, 2009.



## Produce Tips

- Look for smooth, hard, and round beets that are free of cuts and bruises.
- When possible, choose fresh beets with green tops still attached. The greens should look healthy, not wilted or brown.
- Remove the green tops from beets and store each in separate plastic bags.
- Keep beets in the refrigerator for up to two weeks. Cook the green tops within one to two days.
- Choose low-sodium or no salt added canned beets. Use before expiration date.

For more information, visit:  
[www.fruitsandveggiesmatter.gov/month/root\\_vegetables.html](http://www.fruitsandveggiesmatter.gov/month/root_vegetables.html)

## Nutrition Facts

Serving Size: ½ cup cooked beets, sliced (85g)	
Calories 37	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	
Vitamin A 1%	Calcium 1%
Vitamin C 5%	Iron 4%

## How Much Do I Need?

- A ½ cup of cooked or raw beets is a good source of folate and manganese.
- A ½ cup of cooked beet greens is an excellent source of vitamin K, vitamin A, and vitamin C. It is also a good source of riboflavin.
- Riboflavin is also called vitamin B<sub>2</sub>. It is important for building healthy red blood cells.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Eat healthy, balanced meals with a variety of colorful fruits and vegetables every day. This will help you get all the vitamins and minerals you need from the foods you eat. And make a goal to be active every day.

## Recommended Daily Amounts 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 <http://www.choosemyplate.gov/> to learn more.

## What's in Season?

Michigan grown beets are available fresh from mid-summer until the end of October and can be found at farmers markets or local stores. Canned or frozen beets provide the same nutrition when fresh is not available.

Try these other good sources of riboflavin: almonds, cooked beet greens, eggs, fortified cereals, and lowfat milk.