

# Michigan Harvest of the Month



Michigan Nutrition Network at Michigan Fitness Foundation

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



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

Help your child do better on tests by serving a variety of colorful fruits and vegetables every day. With Michigan Harvest of the Month™, your family can explore, taste, and learn about eating more fruits and vegetables and being active every day.

### Produce Tips

- Carrots are always in season. You can find them fresh, frozen, or canned.
- Look for smooth, firm, and well-shaped carrots with an even color.
- Avoid carrots that feel soft, limp, or wilted.
- Refrigerate carrots in a plastic bag for up to two weeks.
- If you buy fresh carrots with the green tops, break off the tops before refrigerating. You can add the chopped green tops to soups for extra flavor.
- Look for low-sodium varieties of frozen or canned carrots.

## SUPREME MASHED POTATOES

Makes 10 servings.  $\frac{3}{4}$  cup per serving. Total time: 55 minutes

### Ingredients:

- 6 medium potatoes, peeled and cubed
- 2 large carrots, peeled and chopped
- 3 large cloves garlic, finely chopped
- $\frac{1}{2}$  cup low-sodium chicken broth
- 1 tablespoon butter

- Combine potatoes and carrots in large pot. Fill with cold water. Bring to a boil and cook for 5 minutes.
- Add garlic and reduce heat to simmer until vegetables are tender, about 35 minutes.
- Drain pot and keep 1 cup of the cooking liquid.
- Mash potatoes, carrots, and garlic with a hand masher.
- In a small pan, heat chicken broth and butter over medium heat until butter melts.
- Slowly stir broth mixture into the mashed potatoes.
- If necessary, add the reserved cooking liquid until potatoes reach the desired thickness. Serve hot.

Nutrition information per serving: Calories 104, Carbohydrate 22 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 51 mg

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



## Let's Get Physical!

- Even when there is snow on the ground, it is important to get out and be active. Plan a day to go sledding, build a snowman or a snow fort. This will be a great activity that may improve your child's focus and test performance at school.
- Take a water bottle filled with 4 drops of food coloring and water outside. One person should squirt a number shape in the snow. The other person must now do that many jumping jacks, stretches, lunges, etc. Take turns "writing" numbers in the snow while the other person moves their body.

## Healthy Serving Ideas

- Carrots can be eaten whole, sliced into sticks, cut into rounds, chopped, shredded, and cooked.
- Add shredded carrots to salads and soups for a crunchy, sweet flavor.
- Have your child think of other ways to include carrots in family meals.

### Nutrition Facts

Serving Size: $\frac{1}{2}$ cup carrots, sliced (61g)	
Calories 25	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 1g	
Vitamin A 204%	Calcium 2%
Vitamin C 6%	Iron 1%

## How Much Do I Need?

- A  $\frac{1}{2}$  cup of sliced carrots is about the same as one medium carrot or four baby carrots. This is about one cupped handful.
- A  $\frac{1}{2}$  cup of carrots (fresh or cooked) provides more than 200% of the recommended Daily Value for vitamin A.
- Vitamin A is important because it helps keep your vision good and your skin healthy. It also helps your body fight infections.
- Frozen, canned, and cooked carrots are just as nutritious as fresh.

The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level. Find out how much each person in your family needs. Help your family eat the recommended amount by serving a variety of colorful fruits and vegetables in meals and snacks throughout the day. It will help keep your family healthy.

### 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.