

# Michigan Harvest of the Month



Michigan Nutrition Network at

Michigan Fitness Foundation

The Michigan Harvest of the Month™ featured fruit is

## strawberries



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

Eating breakfast can improve your child's behavior and attitude. Children who eat breakfast feel better, have fewer absences from school, and do better in school. Michigan Harvest of the Month™ can give you ideas to help your family power up with breakfast, eat more fruits and vegetables, and be active every day.

### Produce Tips

- Look for plump berries with a natural shine, rich red color, bright green caps, and a sweet smell.
- Store unwashed strawberries in the refrigerator for up to three days.
- Before serving, use cool water to gently wash strawberries with the green caps still attached.
- Look for no-sugar-added frozen strawberries.

### Healthy Serving Ideas

- Slice strawberries into high fiber cereal and calcium-rich lowfat yogurt.
- Blend frozen strawberries with orange juice (or lowfat yogurt) and ice to make a quick and tasty smoothie.
- Add strawberries to a spinach salad.
- Microwave sliced strawberries with a small amount of 100% orange juice to make a topping for pancakes and waffles.
- Strawberries are a tasty snack any time of the day. Just wash them, remove the stem, and enjoy.
- Be a role model – eat breakfast with your child.

### BERRY BANANA SPLIT

Makes 1 serving.

Prep time: 5 minutes

#### Ingredients:

- 1 small banana, peeled
- ½ cup lowfat vanilla yogurt
- 1 tablespoon lowfat granola
- ½ cup sliced strawberries (fresh or frozen)

- Cut banana in half lengthwise.
- Spoon yogurt into a bowl.
- Place banana halves on both sides of yogurt.
- Top yogurt with granola and berries. Serve.

Nutrition information per serving:

Calories 259, Carbohydrate 55 g, Dietary Fiber 5 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 98 mg

Adapted from: Kids...Get Cookin'!, Network for a Healthy California, 2009.



### Let's Get Physical!

- Add bicycling to your family's routine. Bike to school, work, church, and the farmers' market.
- Take a longer bike ride or hike with your family through a local or state park on the weekend.
- Have each member of your family choose an activity they would like the family to do together.

For more information, visit:

[www.mismartcommute.org](http://www.mismartcommute.org)

### Nutrition Facts

Serving Size: ½ cup strawberries, sliced (83g)

Calories 27      Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 1g	
Vitamin A 0%	Calcium 1%
Vitamin C 81%	Iron 2%

### How Much Do I Need?

- A ½ cup of sliced strawberries is about four large strawberries or one cupped handful.
- A ½ cup of strawberries is an excellent source of vitamin C – providing 81% of the recommended Daily Value.
- Vitamin C helps your body heal cuts and wounds. It also helps your body fight infections and sickness.
- We cannot make vitamin C in our bodies so we need to eat foods rich in vitamin C, like fruits and vegetables.
- Vitamin C is sensitive to air, heat, and water. Do not store fresh fruits and vegetables for long periods of time or over-cook them—or else they may lose some of their vitamin C.

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 each person in your family needs. Write it down and post in the kitchen. Add a variety of colorful fruits and vegetables to meals and snacks to help your family meet their goals.

### 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.org](http://www.choosemyplate.org) to learn more.