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

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.

Recommended Daily Amounts of Fruits and Vegetables*

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<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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<tbody>
<tr>
<td>Males</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
</tr>
<tr>
<td>Females</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
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*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.