

Michigan Harvest of the Month



Michigan Nutrition Network at™
Michigan Fitness Foundation

The Michigan Harvest of the Month™ featured fruit is **peaches**



Health and Learning Success Go Hand-in-Hand

Enjoy Michigan's bounty of fresh fruits and vegetables and hundreds of local and state parks. Help your child eat a variety of colorful fruits and vegetables and get daily physical activity. It will help your child learn and focus better in school. Use Michigan Harvest of the Month™ to help your family eat healthy and be more active.

Produce Tips

- Choose peaches that have a sweet smell and give slightly to gentle pressure.
- Look for fruits with a bright yellow background (not red).
- Place firm peaches in a brown paper bag. Store at room temperature until ripe.
- Store ripe peaches in a plastic bag in the refrigerator for up to five days.

Healthy Serving Ideas

- Blend fresh or frozen peaches with lowfat milk, 100% orange juice, and ice.
- Combine peaches, lowfat yogurt, and granola for a healthy snack.
- Eat the skin! The skin of fruits and vegetables contains fiber and many important vitamins and minerals.
- Take your child to a farmers' market to find Michigan grown peaches—in-season fruits and vegetables cost less and taste better.

GOOD MORNING COBLER

Makes 4 servings. 1 cup each.

Total time: 10 minutes

Ingredients:

- 2 medium peaches, sliced (or 1 (15-ounce) can sliced peaches*, drained)
- 1 (15-ounce) can pear halves*, drained and sliced
- ¼ teaspoon almond or vanilla extract
- ¼ teaspoon cinnamon
- ¾ cup lowfat granola with raisins

*Canned fruit packed in 100% fruit juice.

1. Combine peaches, pears, extract, and cinnamon in large microwave safe bowl. Stir well.
2. Sprinkle granola over the top. Cover bowl with plastic wrap. Leave a little opening for steam to get out.
3. Microwave on high for 5 minutes. Let cool for 2 minutes.
4. Spoon into bowls and serve warm.

Nutrition information per serving:

Calories 171, Carbohydrates 41 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 54 mg

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



Let's Get Physical!

- Visit one of Michigan's state parks. Or visit a regional or local park. These are family-friendly and usually free or low cost to the public.
- Parks provide many ways to be active—from water sports, hiking, and biking to exploring Michigan's nature, history, and cultures.

To find a park near you, visit:

www.mrpaonline.org

Nutrition Facts

Serving Size: ½ cup peaches, sliced (77g)

Calories 30 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	5%
Sugars 7g	
Protein 1g	
Vitamin A 5%	Calcium 1%
Vitamin C 9%	Iron 1%

How Much Do I Need?

- A ½ cup of sliced peaches is about one cupped handful. This is about the size of half of a medium peach.
- A ½ cup of peaches has vitamin C, vitamin A, and fiber.
- Fiber helps you feel full and keep your blood sugar level normal. Fiber also helps you maintain a healthy weight. Fiber is found only in plant foods like fruits, vegetables, grains, nuts, and seeds.

The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart below to find out how many cups you and your family need. All forms count toward your daily amount—fresh, frozen, canned, dried, and 100% juice. Eating a variety of colorful fruits and vegetables every day will help you get the nutrients you need to be healthy.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	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 to learn more.

Did You Know?

Nectarines are a type of fuzzless peach with a smooth skin.