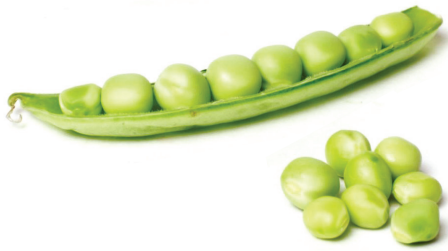


Michigan Harvest of the Month



Michigan Nutrition Network at™
Michigan Fitness Foundation

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



Health and Learning Success Go Hand-in-Hand

Eating a variety of colorful fruits and vegetables and being active for 60 minutes every day will help keep your family healthy. Healthy students miss fewer school days, are more alert, and are ready to learn. With *Michigan Harvest of the Month™*, your family can learn tips to help you eat more fruits and vegetables and be active every day.

Healthy Serving Ideas

- Add frozen or canned green peas to soups, casseroles, and rice.
- Serve fresh snow and sugar snap peas with lowfat dip for a crunchy snack.
- Toss fresh or frozen snow and sugar snap peas with vegetables and chicken strips for a healthy stir-fry.
- Simmer green peas with sliced mushrooms and chicken broth.

Produce Tips

- When buying fresh green peas, always look for them in the pod.
- Fresh pods like snow and sugar snap peas should be firm, bright green, and look like they are almost bursting.
- Store fresh peas in the refrigerator — unwashed and in an open plastic bag — for up to three days.
- Choose low-sodium varieties of frozen or canned peas.

MEXICAN RICE

Makes 6 servings. $\frac{3}{4}$ cup each.
Total time: 35 minutes

Ingredients:

- 1 tablespoon vegetable oil
- 1 cup onion, chopped
- 1 (14½ -ounce) can low-sodium chicken broth
- 1 cup white rice
- $\frac{3}{4}$ cup tomatoes, chopped
- $\frac{1}{2}$ teaspoon chili powder
- $\frac{1}{4}$ teaspoon salt
- 1 cup frozen peas and carrots mix
- 1 cup frozen corn, thawed

1. Heat oil in saucepan over medium heat. Add onions and sauté until soft, about 5 minutes.
2. Stir in broth, rice, $\frac{1}{2}$ cup tomatoes, chili powder, and salt. Bring to boil.
3. Reduce heat and simmer according to rice package instructions.
4. Stir in vegetables and let stand 5 minutes.
5. Spoon remaining tomatoes over top and serve warm.

Nutrition information per serving:

Calories 200, Carbohydrate 39 g, Dietary Fiber 3 g, Protein 6 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 279 mg

Adapted from: *Healthy Latino Recipes Made With Love, Network for a Healthy California, 2008.*



Let's Get Physical!

- Plan at least one activity each week to do as a family (e.g., go for a bike ride, play basketball or soccer, take a walk).
- Get your child moving in the morning — turn on the radio and dance.

For more ideas, visit:
www.bam.gov

Nutrition Facts

Serving Size: $\frac{1}{2}$ cup green peas, cooked (80g)	
Calories 67	Calories from Fat 2
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 4g	18%
Sugars 5g	
Protein 4g	
Vitamin A 13%	Calcium 2%
Vitamin C 19%	Iron 7%

How Much Do I Need?

- A $\frac{1}{2}$ cup of peas is about one cupped handful.
- A $\frac{1}{2}$ cup of peas (fresh or cooked) is an excellent source* of vitamin K.
- Peas are also a good source* of fiber, vitamin C, vitamin A, folate, and thiamin.
- Thiamin is also called vitamin B₁. It helps keep the body's nerves healthy.

The amount of fruits and vegetables that each person needs depends on age, gender, and physical activity level. Be a champion for your family's health. Look at the chart below to find out how much each person in your family needs to be healthy. Make a plan to help them eat the recommended amount and get at least 60 minutes of physical activity every day.

*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

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.