Health and Learning Success Go Hand-in-Hand

Students who eat healthy and get regular physical activity often do better in the classroom. Enjoy Michigan's bounty of fruits and vegetables and outdoor activities. With *Michigan Harvest of the Month™*, your family can explore, taste, and learn how to eat more fruits and vegetables and be physically active every day.

Produce Tips
- Look for dark green leaves. Choose lettuce heads that are tight and firm.
- Wrap salad greens in slightly damp paper towels. Place in a plastic bag with holes for air. Store in the refrigerator for up to one week.
- Rinse lettuce with cold water. Gently pat dry leaves before using.

Let's Get Physical!
- You are a role model. It is important that your child sees you being active.
- Go for a morning or evening jog. Have your child ride next to you on a bike.
- Play one of your favorite outdoor childhood games with your family.
For more ideas, visit: www.letsmove.gov

How Much Do I Need?
- One cup of salad greens is about two cupped handfuls.
- One cup of salad greens (butterhead, green leaf, red leaf, romaine, iceberg) is an excellent source* of vitamin K.
- Most varieties of salad greens are also a good source* of vitamin A and folate.
- Vitamin K helps stop cuts and scrapes from bleeding too much. It also works with calcium to help build strong bones.

The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level. Add a variety of colorful fruits and vegetables to your plate at every meal – red, yellow/orange, blue/purple, green, and white/tan/brown. This will help you reach your daily goals.

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

Recommended Daily Amount of Fruits and Vegetables*

<table>
<thead>
<tr>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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</thead>
<tbody>
<tr>
<td>Males</td>
<td>2½ - 5 cups per day</td>
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<td>4½ - 6½ cups per day</td>
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<tr>
<td>Females</td>
<td>2½ - 5 cups per day</td>
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<tr>
<td></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 www.choosemyplate.gov/ to learn more.

Did You Know?
Dark lettuce leaves have more nutrients than lighter-colored leaves.

Mandarin Orange Salad

Makes 6 servings. 1 ½ cups per serving. Prep time: 5 minutes

Ingredients:
1 head lettuce (Romaine, red leaf, green leaf)
1 can Mandarin Oranges, in lite syrup, drained
½ cup sliced almonds
Poppy seed dressing

1. Tear lettuce into bite sized pieces and place in a large bowl. Toss lettuce with Mandarin oranges. Sprinkle sliced almonds on top. Serve with poppy seed dressing.

Nutrition information per serving:
Calories 113, Carbohydrate 11 g, Dietary Fiber 1.5 g, Protein 2 g, Total Fat 7 g, Cholesterol 5mg, Sodium 217 g

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

*Michigan Harvest of the Month™* featured vegetable is salad greens

For more information on the Michigan Harvest of the Month™ program, visit Michigan.gov/HealthierMICH.

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