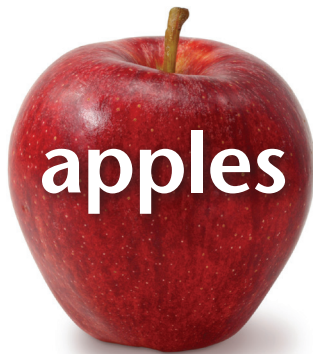


# North Carolina Harvest of the Month

## STEPS TO HEALTH

The North Carolina Harvest of the Month featured fruit is



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

Healthy eating can help with your child's success in school. Eating the recommended amount of fruits and vegetables can help kids do better in school. Explore, taste, and learn about eating more fruits and vegetables and being active every day.

Discuss with your children what their favorite fruits or vegetables are, why they like them, and their favorite ways to eat them.

Next time you food shop, have your child count the number of different varieties of apples for sale.

Visit an apple orchard and count how many varieties are grown!

### Healthy Serving Ideas

- Freeze 100% apple juice in an ice tray or in a paper cup with a popsicle stick. Serve as a snack or dessert.
- Use unsweetened applesauce to make lower fat baked goods. Replace shortening or oils in baking with an equal amount of applesauce plus one-third of the oil called for in the recipe.



### Crunch and Munch!

#### More ways to eat apples:

- Fresh apples
- Baked apples
- Apple sauce
- Dried apples
- 100% Apple Juice

### Tuna Apple Salad

**Makes 4 servings. 1 cup per serving.**

**Prep time:** 15 minutes

#### Ingredients:

- 2 (6-ounce) cans water packed tuna, drained
- 2 tablespoons chopped red onion
- 1 medium apple, cored and chopped
- 1/4 cup chopped celery
- 1/4 cup golden raisins
- 3 tablespoons fat free Italian dressing
- 2 cups salad greens
- 2 medium whole wheat pitas

#### Directions:

1. In a small bowl, stir tuna, onion, apple, celery, raisins, and two tablespoons of dressing together.
2. In another bowl, toss salad greens with remaining dressing.
3. Cut pitas in half to make 4 pita pockets.
4. Carefully fill pita pockets with equal amounts of tuna and salad greens. Serve immediately.

#### Nutrition information per serving:

Calories 216, Carbohydrate 27 g, Dietary Fiber 4 g, Protein 25 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 26 mg, Sodium 544 mg

Adapted from: *Everyday Healthy Meals*, Network for a Healthy California, 2007.

### Home Grown Facts

- North Carolina is the seventh largest apple producing state in the US.
- Most apples are grown in Western North Carolina. Warm days and cool nights are perfect for growing firm, crisp, juicy apples.
- Peak harvest is mid-August through October.
- The four main North Carolina varieties are Red Delicious, Golden Delicious, Rome Beauty, and Gala. However, over 40 other varieties also grow in North Carolina.

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



To find a North Carolina pick-your-own farm, roadside market, or farmers market, visit [ncfarmfresh.com](http://ncfarmfresh.com).

### BE AN ACTIVE FAMILY!

In the evenings, make time to be active as a family by going for a walk, riding bikes, or having a dance contest. While being active, talk about your week.



*Rake leaves or shovel snow together.*

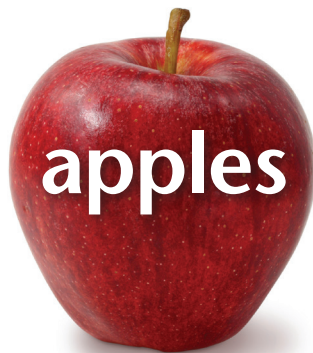
*Check with the local humane society and take a rescue dog for a walk.*

**ENJOY**  
NORTH CAROLINA APPLES

# North Carolina Harvest of the Month

## STEPS TO HEALTH

The North Carolina Harvest of the Month featured fruit is



### Why Focus on Fruits and Vary My Veggies?

- Fruits and vegetables are an important part of a healthy, balanced diet.
- Fruits and vegetables are sources of fiber. Fiber helps you feel full, helps keep your blood sugar levels normal, and helps to avoid constipation.
- Fruits and vegetables are also a good source of many vitamins and minerals which may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.
- A good tip to follow is to make half your plate fruits and vegetables to reach your daily needs!

To learn about the other food groups, visit

### How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart at right to find out how many cups of fruits and vegetables you and your family need every day.

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

### How Much Apple?

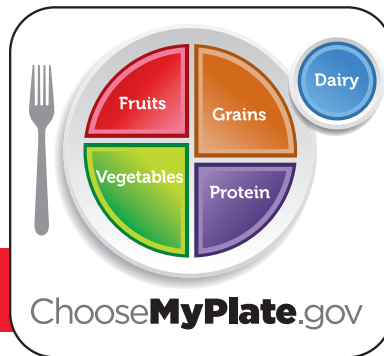
- A half cup of sliced apples is about one cupped handful. This is about the size of half of a small apple.
- A half cup of sliced apples is a source of fiber.

#### Nutrition Facts

Serving Size: ½ cup apples, sliced (55g)  
Calories 28      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 8g	3%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 0g	
Vitamin A 1%	Calcium 0%
Vitamin C 4%	Iron 0%



### Produce Tips

- Look for apples that are firm and do not have bruises or soft spots.
- Store apples at room temperature for up to one week. Or, refrigerate apples for up to three months. Do not refrigerate apples in closed bags.
- To keep apples from browning, prepare fresh apple dishes just before serving. Or, pour 100% apple juice over fresh apple slices.

### More Apples Each Day

- Mix chopped apples into your morning **oatmeal** for a hearty start to your day.
- Add chopped apples and golden raisins to **chicken salad** for a healthy lunch.
- Place four cored apples in a microwave safe dish and fill with raisins. Pour half cup of apple juice over the apples and sprinkle with nutmeg and cinnamon. Cover with plastic wrap and microwave on high for five minutes for a **hot dessert!**

For more apple recipes, visit [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov).

### ACTIVE ADULTS

Make physical activity fun and social! Grab a friend and walk around the mall, to the park, or during your lunch breaks!