

# North Carolina Harvest of the Month



## STEPS TO HEALTH

The North Carolina Harvest of the Month featured vegetable is



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

Children who eat school meals are more likely to eat the recommended amount of fruits and vegetables every day than those who do not. Eating the recommended amount every day can help your child stay healthy and learn better in school. *Harvest of the Month* helps your family explore, taste, and learn about the importance of eating more fruits and vegetables and being active every day.

## Tips for Eating More Fruits and Vegetables

- Take your child to the grocery store. Ask your child to help you pick out fruits and vegetables for meals and snacks.
- Pack dried fruit or pre-cut fruits or vegetables as a snack.

## Healthy Serving Ideas

- Dice and toss raw broccoli in a salad.
- Pour lemon juice or sprinkle lowfat parmesan cheese over steamed broccoli to add and vary flavor.
- For a healthy snack, chop raw broccoli into pieces and serve with a fat free vegetable dip.
- Add broccoli and other vegetables to soups, pastas, omelets, and casseroles.



## Zesty Asian Chicken Salad

Makes 4 servings. 1 cup per serving.

Prep time: 20 minutes

### Ingredients:

- 3 boneless, skinless chicken breasts, cooked and chilled
- 3 green onions, sliced
- 1½ cups small broccoli florets
- 2 medium carrots, peeled and cut into strips
- 1 red bell pepper, cut into strips
- 2 cups shredded cabbage
- ½ cup fat free Asian or sesame seed salad dressing
- ¼ cup 100% orange juice
- ¼ cup chopped fresh cilantro

### Directions:

1. Cut chicken breasts into small strips. Place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat.
3. Stir in cilantro. Serve chilled or at room temperature.

### Nutrition information per serving:

Calories 184, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 22 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 55 mg, Sodium 456 mg

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

## Home Grown Facts

- Broccoli was first grown in Italy and called *brocco*, which means branch or arm.
- The name broccoli is plural and refers to the numerous flower-like shoots that form the head of the plant.
- Broccoli is a cool-season crop, closely related to cabbage, cauliflower, kale, and mustard.
- In North Carolina, broccoli can be grown in the spring or the fall. In the spring, broccoli grows in the coast plains, piedmont, or mountain regions of NC. While in the fall, broccoli only grows in the coastal plains and piedmont regions of NC.
- Because it is very easy to grow, broccoli is one of the most popular garden vegetables. It is also one of the most popular frozen vegetables to eat. The average person in the United States eats nearly six pounds of fresh broccoli per year.

<http://content.ces.ncsu.edu/broccoli-production>



## BE AN ACTIVE FAMILY!

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

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

- Fruits and vegetables are an important part of an overall healthy, balanced diet.
- Fruits and vegetables, like broccoli, are also a source of many vitamins and minerals. Broccoli provides vitamin A, vitamin C, vitamin K, and folate.
- Folate is a water-soluble vitamin that helps make healthy red blood cells in your body. It may also help to protect against heart disease.
- Eat a variety of fruits and vegetables every day to get the nutrients you need to be healthy.
- A good tip to follow is to make half your plate fruits and vegetables to reach your daily needs!

### How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. It is important to eat a variety of colorful fruits and vegetables every day to get all the nutrients your body needs. Find out how much each person in your family needs.

### 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 Broccoli?

- A half cup of broccoli is about the size of one cupped handful.
- A half cup of cooked broccoli is an excellent source\* of vitamin C, vitamin K, and folate.

\*Excellent sources provide at least 20% Daily Value.

Nutrition Facts	
Serving Size: ½ cup fresh broccoli, chopped (44g)	
Calories 15	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 21mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 5%	Calcium 2%
Vitamin C 65%	Iron 2%

### Produce Tips

- Look for broccoli with a firm stem and tight, compact florets that are dark green.
- Store broccoli in an open plastic bag in the refrigerator for up to five days.
- Rinse (don't soak) broccoli under cool water just before serving.
- Cook broccoli by steaming, microwaving, or stir-frying. Boiling causes some of the vitamins and minerals to be lost.
- Frozen broccoli is a healthy and great substitute when fresh is not available.

### More Broccoli Each Day

- Add chopped broccoli and your choice of vegetables to scrambled eggs. Wrap the eggs in a whole wheat tortilla. Sprinkle with lowfat cheese for a quick and tasty **breakfast burrito**.
- Top **pizza** with chopped broccoli before putting it in the oven.
- Toss chopped broccoli with chopped cabbage, shredded carrots, sliced bell peppers, chicken, and some sesame dressing for a zesty Asian **chicken salad**.

To learn about the other food groups, visit

ChooseMyPlate.gov

### ACTIVE ADULTS

Do strengthening activities twice a week. Activities that build strength include lifting weights, doing push-ups and sit-ups, working with resistance bands, or heavy gardening.

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