

North Carolina Harvest of the Month

STEPS TO HEALTH

The North Carolina Harvest of the Month featured fruit is



strawberries

Health and Learning Success Go Hand-in-Hand



Eating breakfast can improve your child's behavior and attitude. Children who eat breakfast feel better, have fewer absences from school, and

do better in school. *Harvest of the Month* can give you ideas to help your family power up with breakfast, eat more fruits and vegetables, and be active every day.

BE AN ACTIVE FAMILY!

North Carolina is blessed with beautiful beaches, majestic mountains and countless rivers and streams in between. North Carolina is home to over 40 state parks and national forests. County, state, and national parks are a great way to enjoy our state by getting outdoors and being active. Canoeing, swimming, hiking, biking, and climbing are just a few activities. As a family, discuss the activities you like to do at a park and plan a trip!

Visit your local parks and recreation office or website or visit www.ncparks.gov or www.fs.usda.gov.



Healthy Serving Ideas

- Strawberries are a tasty snack any time of the day. Just wash them, remove the stem, and enjoy.
- Slice strawberries into high fiber cereal and calcium-rich low-fat yogurt.
- Blend frozen strawberries, low-fat yogurt, and ice to make a quick and tasty smoothie.

For more ideas, visit: www.ncstrawberry.com



Berry Banana Split

Makes 1 serving.

Prep time: 5 minutes

Ingredients:

- 1 small banana, peeled
- 1/2 cup low-fat vanilla yogurt
- 1 tablespoon low-fat granola
- 1/2 cup sliced strawberries (fresh or frozen)

Directions:

1. Cut banana in half lengthwise.
2. Spoon yogurt into a bowl.
3. Place banana halves on both sides of yogurt.
4. Top yogurt with granola and berries. Serve.

Nutrition information per serving:

Calories 259, Carbohydrate 55 g, Dietary Fiber 5 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 98 mg

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

Home Grown Facts

- Every state grows strawberries but North Carolina is the fourth largest producer of strawberries in the US.
- Almost all strawberries grown in North Carolina are eaten right here!
- Strawberries that are grown and sold locally are picked riper and travel shorter distances to market, so they are fresher and tastier!
- There are three main varieties of North Carolina strawberries: Camarosa, Chandler, and Sweet Charlie. Discover which strawberry variety is your favorite!
- Strawberries are available from mid-April through the second week of June.
- Attend a Strawberry Festival! During peak season, North Carolina is host to many local strawberry festivals.

www.NCagriculture.org



To find a North Carolina pick-your-own farm, roadside market or farmers market, visit ncfarmfresh.com.



North Carolina Harvest of the Month

STEPS TO HEALTH

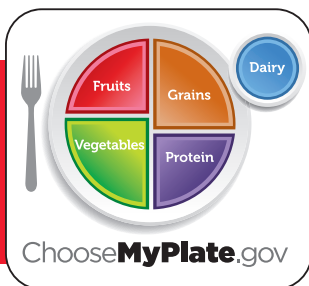
The North Carolina Harvest of the Month featured fruit is



strawberries

Why Focus on Fruits and Vary My Veggies?

- Fruits and vegetables are an important part of a healthy, balanced diet.
- Many fruits and vegetables are good or excellent sources of Vitamin C.
- Our bodies cannot make Vitamin C, so we need to eat foods rich in Vitamin C, like fruits and vegetables.
- Vitamin C helps our bodies heal cuts and wounds and helps lower our risk of infection. Vitamin C also helps our bodies absorb the iron found in foods.
- 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

ChooseMyPlate.gov

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. This chart shows how much each person in your family needs. Add a variety of fruits and vegetables to meals and snacks to help your family meet their goals.

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.

How Much Strawberry?

- A half cup of sliced strawberries is about four large strawberries or one cupped handful.
- A half cup of strawberries is an excellent source* of Vitamin C—providing 81% of the recommended Daily Value.

*Excellent sources provide at least 20% Daily Value.

Nutrition Facts

Serving Size: ½ cup strawberries, sliced (83g)

Calories 27 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 6g 2%

Dietary Fiber 2g 7%

Sugars 4g

Protein 1g

Vitamin A 10% Calcium 1%

Vitamin C 81% Iron 2%

Produce Tips

- Look for plump berries with a natural shine, rich red color, bright green caps, and a sweet smell.
- Store unwashed strawberries in the refrigerator for up to three days.
- Before serving, use cool water to gently wash strawberries with the green caps still attached.
- Look for no-sugar-added frozen strawberries.

More Strawberries Each Day

- Make a **tasty topping** for your pancakes. Just heat sliced strawberries with a small amount of orange juice or unsweetened applesauce in the microwave.
- Add strawberries to a **spinach salad**.
- Mix strawberry halves with sliced melon, pineapple, and mango chunks. Sprinkle with lime juice and chili powder for a **Mexican fruit salad**.

For more strawberry recipes, visit www.whatscooking.fns.usda.gov.

ACTIVE ADULTS: Add walking or biking to your day! Walk around a neighborhood, a track at a local school, community center or park. Or walk around a mall. Bike to the grocery store or the library. Be active every day!

