

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

Studies show that healthy food choices can increase your child's focus on tests and keep immune systems healthy. This can help your child fight off the flu and colds. With *Harvest of the Month*, you can help your family explore, taste, and learn about the importance of eating more fruits and vegetables and being active every day.

Am I Eating a Yam or a Sweet Potato?

Yams originated from Africa and are now imported from the Caribbean. Yams are rarely sold in the U.S. Yams tend to be sweeter than sweet potatoes and can grow up to seven feet in length! Raw yams are toxic. Before eating, yams must be pounded and boiled to remove the toxins.



BE AN ACTIVE FAMILY!

- Challenge your kids to a basketball or soccer game. After playing outside, make Sweet Potato Hash together.
- If your family must stay inside, be active by dancing to music or doing sit-ups during TV commercial breaks.

Why Do We Cook Sweet Potatoes?

A sweet potato's sweetness intensifies as it is cooked, creating that deep caramel flavor we love.

*Don't want to wait to bake?
Microwave whole sweet potatoes
for five to eight minutes rotating
halfway through.*



Sweet Potato Hash

Makes 6 servings. 1 cup per serving.

Cook time: 40 minutes

Ingredients:

- 1/4 cup vegetable oil
- 2 cups frozen or fresh chopped bell peppers and onions
- 2 pounds sweet potatoes (about 2 medium potatoes), peeled and cut into small cubes
- 1 teaspoon cumin
- 1 teaspoon salt
- 1 teaspoon red pepper flakes

Directions:

1. Heat oil in a large skillet over medium-high heat.
2. Sauté bell peppers and onions until tender, about 5 minutes.
3. Add remaining ingredients and reduce heat to medium.
4. Cook for 20-25 minutes, stirring frequently. Sweet potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve hot.

Nutrition information per serving:

Calories 244, Carbohydrate 38 g, Dietary Fiber 4 g, Protein 3 g, Total Fat 9 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 407 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions*, Network for a Healthy California, 2008.

Home Grown Facts

- Sweet potatoes are native to North Carolina. The sweet potato is also the official vegetable of our state!
- North Carolina is the top grower of sweet potatoes in the US. North Carolina's hot, moist climate and rich, fertile sandy soil are ideal for cultivating sweet potatoes in the Coastal Plain of eastern NC.
- There are hundreds of varieties of sweet potatoes ranging from white, mild to deep orange, deep red, and even purple!
- Sweet potatoes are available all year long in North Carolina.



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



- Ask your child to help you clean and do chores like dusting or sweeping.

For more ideas, visit:

www.foodlinkny.org/pdfs/Physical_Activity_Ideas_for_Kids.pdf

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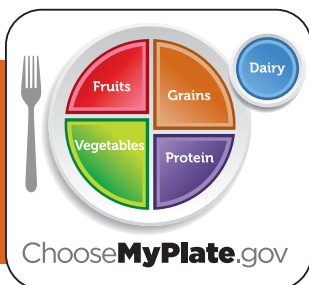
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Why Focus on Fruits and Vary My Veggies?

- Fruits and vegetables are an important part of a healthy, balanced diet.
- Fruits and vegetables contain vitamins and minerals, such as Vitamin A.
- Vitamin A helps keep your vision good, fight infections, and keep your skin healthy.
- 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!



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 to learn more.

How Much Sweet Potato?

- A half cup of sweet potatoes is about one cupped handful.
- A half cup of sweet potatoes is an excellent source* of Vitamin A and Vitamin C. It is also a good source** of fiber, Vitamin B6, and potassium.

*Excellent sources provide at least 20% Daily Value.

**Good sources provide 10–19% Daily Value

Nutrition Facts

Serving Size: ½ cup baked sweet potatoes (100g)	
Calories 90	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 36mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	13%
Sugars 6g	
Protein 2g	
Vitamin A 384%	Calcium 4%
Vitamin C 33%	Iron 4%

ACTIVE ADULTS: Looking for a new fitness routine? Exercise videos can help motivate you to be active inside. Try different videos to keep your workout fresh. Try your local library for exercise videos or search online!

Produce Tips

- Look for firm, dark, and smooth sweet potatoes without wrinkles, bruises, or sprouts.
- Put sweet potatoes in a dry, cool place like a pantry or garage. If stored properly, sweet potatoes will keep for one month or longer.
- Wash sweet potatoes just before using them.



More Sweet Potatoes a Day

- In a large bowl, toss sweet potatoes in just enough olive oil to coat. Bake on a lightly oiled pan at 425° for 25 to 30 minutes for a batch of **sweet potato fries!**
- Bake chopped sweet potatoes with apples and cinnamon for a **warm dessert.**
- Sauté small sweet potato cubes with chopped onions and bell peppers for a delicious **sweet potato hash.**

For more sweet potato recipes, visit www.whatscooking.fns.usda.gov.

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