

Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured vegetable is **corn**



Health and Learning Success Go Hand-in-Hand

Studies show that children who eat meals with families tend to eat more fruits and vegetables than children who eat alone. One of the best ways to encourage children to eat fruits and vegetables is to join them. Expose your child to new and old favorites. *Harvest of the Month* provides an opportunity for students to try new fruits and vegetables and make healthy recipes to serve your family and friends.

Produce Tips

- Choose fresh, green husks and ears that are covered with plump, shiny kernels.
- Avoid silks that show signs of rot or decay.
- Store fresh corn in a cool location or in the refrigerator for up to three days.
- Keep a bag of corn in the freezer for last minute meal ideas.
- When buying canned corn, look for low-sodium varieties.

Healthy Serving Ideas

- Add corn to your favorite salad recipes using fresh, frozen, or canned corn.
- Stuff corn and black beans into whole wheat pita pockets for a healthy sandwich.
- Sprinkle corn kernels on pizza for a new take on toppings.
- Add frozen or canned corn to your favorite casserole or soup.

CORN AND GREEN CHILI SALAD

Makes 4 servings. $\frac{3}{4}$ cup each.

Cook time: 10 minutes

Ingredients:

- 1 (10-ounce) can diced tomatoes with green chilies, drained
- 2 cups frozen corn, thawed (or 2 cups canned corn, drained)
- 2 tablespoons chopped fresh cilantro or $\frac{1}{2}$ teaspoon dried cilantro flakes
- $\frac{1}{3}$ cup sliced green onions (optional)
- $\frac{1}{2}$ tablespoon vegetable oil
- 1 tablespoon lime juice

1. In a medium bowl, mix tomatoes, corn, cilantro, and green onions.
2. In a small bowl, whisk oil and lime juice together.
3. Pour dressing over salad and mix well. Serve immediately.

Nutrition information per serving:

Calories 94, Carbohydrate 19 g, Dietary Fiber 3 g, Protein 3 g, Total Fat 2g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 94 mg

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

For more recipes, visit:

www.cachampionsforchange.net

Let's Get Physical!

- **At home:** Turn off the television and turn on the radio to dance to your favorite music with your child.
- **At work:** Take a walk around your worksite with a co-worker.
- **At school:** Walk, jog, or bike to and from school with your child.
- **With the family:** Go to a local park and play tag with the whole family!

For more ideas, visit:

www.cdc.gov/physicalactivity

Nutrition Facts

Serving Size: $\frac{1}{2}$ cup corn (82g)	
Calories 89	Calories from Fat 9
% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 3g	
Vitamin A 4%	Calcium 0%
Vitamin C 9%	Iron 3%

How Much Do I Need?

- A $\frac{1}{2}$ cup of corn is about one small ear of corn. This is about the same as one cupped handful of corn kernels.
- A $\frac{1}{2}$ cup of corn provides a good source of folate and thiamin.
- Thiamin is also called vitamin B₁. It helps your body use energy.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Fresh, frozen, canned, and dried corn all count towards your daily recommended amounts. Set a good example by letting your child see you eat fruits and vegetables, too.

Recommended Daily Amounts 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.mypyramid.gov to learn more.

What's in Season?

Fresh California grown corn is in peak season during the summer. Frozen and canned corn varieties are available year-round.

Try these other good or excellent sources of thiamin: beans (black, lima, navy, pinto, soy), fortified breakfast cereals, pasta, rice, and whole grain products.



**Kev Sau Qoob Lub Hlis No Yog
Pob Kws**

**Yuav Kawm Tau Ntawv Zoo Los Yuav Tsum Yog
Muaj Noj Muaj Haus Txaus.**

Kev kawm tshawb pom tau tias cov me nyuam uas noj mov koom tsum nrog nws tsev neeg yeej nyiam noj txiv hmab txiv ntoo thiab tej zaub dua li tus uas nws nyiam noj mov ib leeg kheej. Qhov yuav ua kom tej me nyuam xyaum noj txiv hmab txiv ntoo thiab zaub ntau ces yog kom lawv koom tsum nrog sawv daws noj mov ua ke xwb. Qhia me nyuam kom lawv pom thiab paub txog tej kev ua noj qub thiab tshiab. **Tsab Ntawv Qhia Txog Kev Sau Qoob Raws Hli** yuav cob qhia rau cov tub ntshais kawm ntawv kom lawv paub xyaum ua tej yam txiv hmab txiv ntoo thiab tej zaub uas lawv tsis tau noj dua rau lawv tsev neeg thiab lawv tej phooj ywg noj.

Kev Xaiv thiab Tu Pob Kws Cia

- Xaiv lub pob kws tshiab tshiab, daim plhaub ntsuab xiab thiab cov ntsiav ntom ntom kab ci nplas xwb.
- Txhob yuav lub pob kws uas cov ntsiav twb tshwm kab los sis twb lwj to lawm.
- Ua zoo khaws cov pob kws ntais tshiab tshiab los cia rau tej chaw txias zias los sis muab tso rau hauv txe txias (refrigerator)ntev li 3 hnuv noj tseem qab.
- Muab pob kws ntim rau cov hnab yas cia rau hauv freezer kom nkoog tau noj rau tej thaum tsis muaj lawm.
- Yog yuav cov pob kws hauv kos poom, nco ntsoov xyuas cov kom txhob muaj ntsev ntau (low-sodium).

Yuav Ua Li Cas Noj Thiaj Qab

- Muab pob kws cov tshiab, cov nkoog khov los sis cov hauv kos poom do xyaw salad noj.
- Muab pob kws zom kom mos mos es muab puab ua ncuav qhwv cub noj.
- Muab pob kws tso rau saum daim pizza mam noj nws qab heev.
- Muab cov pob kws khov nkoog los sis cov hauv kos poom hau xyaws lwm yam ua zaub noj (casserole or soup).

Koom Siab Siv Lub Cev Hom Khaj !

- **Nyob Hauv Tsev:** Tua TV thiab tso vib thab nyub es seev cev nrog tej zaj suab paj nruag koj nyiam nrog rau koj cov me nyuam.
- **Nyob Tom Hauj Lwm:** Tawm mus ncig ib cheeb tsam ntawm koj ua hauj lwm nrog koj cov phooj ywg.
- **Tom Tsev Kawm Ntawv:** Taug Kev, Ncig, los sis tuam tsheb kauj vab nrog koj cov me nyuam mus tom tsev kawm ntawv thiab rov los tsev.
- **Nrog Tsev Neeg:** Coj tsev neeg mus ncig tom tej chaw ua si nyob ib cheeb tsam ze thiab yaum tsev neeg sib caum ua si!

Xav tau tswv yim ntxiv, mus saib:www.cdc.gov/physicalactivity

Noj Pob Kws Ntau Npaum Cas Thiaj Zoo?

- Noj ib nta khob (½ cup) pob kws ntsiav ces ntau sib npaug li ib lub pob kws me lawm.
- Noj ib zaug li ib nta khob (½ cup) ntsiav kws ces txaus lawm, pob kws muaj cov txab folate thiab thiamin pab lub cev.
- Cov txab thiamin thiab vitamin B yog tib yam, nws pab lub cev kom muaj zog.

Kev noj txiv hmab txiv ntoo thiab zaub kom haum rau lub cev no yog los ntawm koj lub hnuv nyoog, seb yog poj niam los txiv neej, thiab seb siv lub cev ua hauj lwm hnyav npaum li cas. Tsis hais cov pob kws ntais tshiab, cov khov nkoog (frozen), cov hauv kos poom (canned), thiab cov qhuav lawm los puav leej muaj cov txab zoo pab rau lub cev es tsim nyog yuav tau noj txhua hnuv. Niam thiab txiv yuav tau coj qauv zoo txog noj txiv hmab txiv ntoo thiab tej zaub ntau yam rau me nyuam pom.

Saib daim phiaj qhia noj txiv hmab txiv ntoo thiab zaub kom txaus lub cev*

	Me Nyuam Hnuv Nyoog 5-12 xyoo	Cov Hluas thiab cov neeg laus, Hnuv nyoog 13 rov saud
Txiv Neej	2 ½ rau 5 khob rau ib hnuv	4 ½ rau 6 ½ khob rau ib hnuv
Poj Niam	2 ½ rau 5 khob rau ib hnuv	3 ½ rau 5 khob rau ib hnuv

Yog koj nquag ncig thiab nyiam hom khaj heev no ces noj ntau khob dua hais saum no.

Lub Caij Muaj Qoob?

Lub caij xeev California muaj pob kws tshiab siav ntau dua yog thaum caij ntuj so. Ntau hom pob kws uas muab cia khov nkoog (frozen) thiab cov hauv kos poom yeej muaj noj thawm niaj thawm xyoo tsis tu ncu. Xyaum noj cov muaj txab thiamin zoo rau lub cev li: tej noob taum dub, noob taum mog loj (lima), noob taum dub ntaws (navy), noob taum qe diab (pinto), taum pauv (soy), muaj xyaw rau cov cereals, mij daj, mov, thiab cov khoom noj uas muab ntau yam ntsiav los ua xyaw.