

Harvest of the Month



Network for a Healthy California



Botanical name: *Zea mays*

CORN

Circle all fruits and vegetables on the menu.

- How many did you count?
- Is there at least one fruit and/or vegetable in each meal?
- How many fruits and vegetables are yellow?
How many are white?
- How many meals include corn?

EAT YOUR CORN



Nutrition Facts

Serving Size: ½ 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% |

MyPyramid for Kids

Color in the MyPyramid chart using the color codes below to represent the five major food groups plus oils.

Purple = Meat & Beans

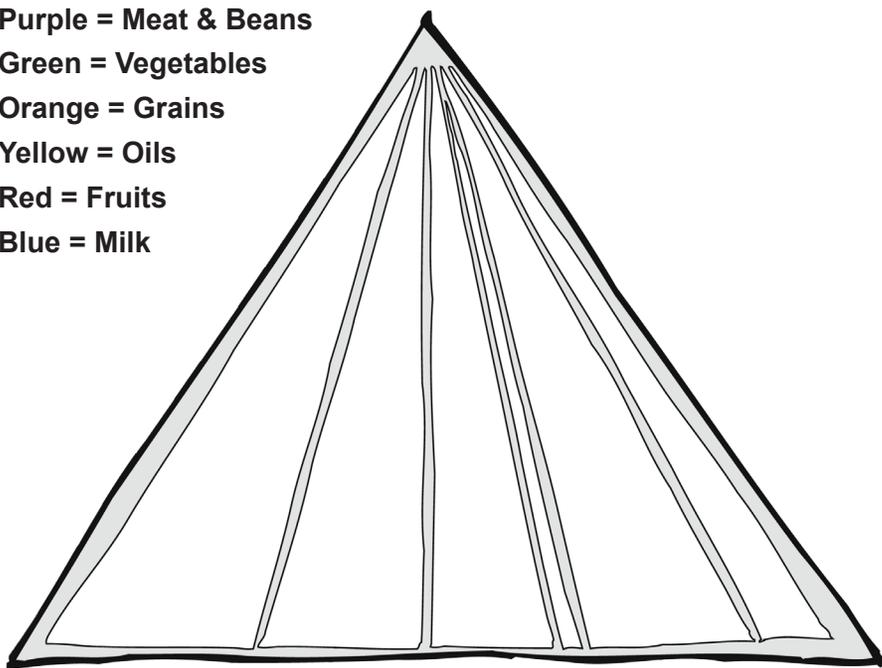
Green = Vegetables

Orange = Grains

Yellow = Oils

Red = Fruits

Blue = Milk



1. How many cups of vegetables should you eat every day? _____

2. How many cups of fruits should you eat every day? _____

3. What are your five favorite fruits and vegetables? _____

4. How many minutes do you need to be active every day? _____

Reasons to Eat Corn

Eating a ½ cup of white or yellow corn is a good way to get thiamin. Thiamin is also called vitamin B₁. It helps your body use energy.

Thiamin Champions:*

Black beans, corn, fortified breakfast cereals, lima beans, navy beans, pasta, pinto beans, rice, soy beans, and whole grain products.

*Thiamin Champions are a good or excellent source of thiamin.

How Much Do I Need?

A ½ cup of corn is about one small ear of corn. This is about the same as one cupped handful of corn kernels. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how many cups you need. Eat a variety of colorful fruits and vegetables throughout the day – fresh, frozen, canned, and dried. They all count towards your daily amounts. And, don't forget to be active for at least 60 minutes every day!

Recommended Daily Amounts of Fruits and Vegetables*

| | Kids, Ages 5-12 | Teens and Adults, Ages 13 and up |
|--------------|---------------------|-------------------------------------|
| Boys | 2½ - 5 cups per day | 4½ - 6½ cups per day |
| Girls | 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/kids to learn more.

