

Harvest of the Month



Network for a Healthy California



DRY BEANS

Circle all beans on the menu.

- How many did you circle?
- What is your favorite bean variety?
- What is your favorite recipe with beans?

EAT YOUR BEANS



Nutrition Facts	
Serving Size: ½ cup cooked garbanzo beans (82g)	
Calories 134	Calories from Fat 18
% Daily Value	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	25%
Sugars 4g	
Protein 7g	
Vitamin A 0%	Calcium 4%
Vitamin C 2%	Iron 13%

Reach Your Goals!

Use this chart to set goals and track how many cups of fruits and vegetables you eat and how active you are. Physical activity is a game, sport, exercise, or other action that involves moving your body, especially if it makes your heart beat faster. Check how you did at the end of the day and set a goal for tomorrow. (Hint: Make copies of the chart and track your progress for one week!)

Write in your choices	Vegetables	Fruits	Physical Activity
GOAL	Eat ____ cups	Eat ____ cups	Be active for ____ minutes
Breakfast:			Activities:
Lunch:			
Dinner:			
Snacks:			

1. How many cups of vegetables did you eat? _____ cups
2. How many cups of fruits did you eat? _____ cups
3. How many minutes were you active? _____ minutes
4. Did you meet your goals for today? _____

Adapted from: www.teamnutrition.usda.gov

Reasons to Eat Beans

A ½ cup of most cooked beans has lots of fiber and folate. Eating beans is also a good way to get protein, iron, and potassium. Protein is the part of the food that we eat that makes the bones, muscles, hair, and skin in our bodies.

Plant Protein Champions:*

Beans (dried and cooked), nuts, peanut butter, peas, sunflower seeds, and soybeans (as edamame or tofu).

*Plant Protein Champions are a good or excellent source of protein.

How Much Do I Need?

A ½ cup of cooked beans is about one cupped handful. 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. Beans come in lots of shapes, sizes, and colors, like garbanzo (chickpeas), blackeye peas (cowpeas), kidney, lima, navy, black, and pinto beans. Remember to eat a variety of colorful fruits and vegetables throughout the day – fresh, frozen, canned, and dried. And, reach your goal of at least 60 minutes of physical activity 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.

For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. © California Department of Public Health 2009.

