

# Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **dry beans**



BLACKEYE PEA

GARBANZO

LIMA

## Health and Learning Success Go Hand-in-Hand

Eating a variety of foods from each food group can give your child the nutrition needed to be healthy. Being healthy can help your child succeed in the classroom. According to MyPyramid, dry beans are a part of two food groups. They are part of the meat and beans group because they are a good way to get protein. They are also part of the vegetables group because they have lots of vitamins and fiber. Mix dry beans into your family's diet for variety and a healthy dose of nutrition. *Harvest of the Month* can show you how to eat healthier and be active.

## Produce Tips

- Look for these varieties of dry beans: garbanzo (chickpeas), blackeye peas (cowpeas), lentils, navy, lima, pinto, kidney, and black beans.
- Choose loose, dry beans that have similar size and color.
- Pick low sodium frozen or canned beans.
- Store dry beans in an airtight container in a cool, dry, and dark place.
- Keep a small supply of canned or frozen beans on hand for last minute additions to soups, casseroles, and quesadillas.

## Healthy Serving Ideas

Dry beans are usually cooked by boiling. You can also use canned and frozen beans.

- Add lima or kidney beans to salads.
- Mix lentils into your favorite casseroles instead of meat.
- Add navy beans to soups for protein.
- Sprinkle black beans on top of pizza for added flavor and fiber.
- Make a tasty dip or hummus using your favorite beans.

## CHICKPEA DIP WITH FRESH VEGETABLES

**Makes 4 servings.**

*2 tablespoons per serving.*

**Cook time:** 15 minutes

### Ingredients:

- 1 (15-ounce) can chickpeas (known as garbanzo beans), drained and rinsed
- 3 cloves garlic
- ¼ cup plain lowfat yogurt
- 1 tablespoon lemon juice
- 1 teaspoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon paprika
- ⅛ teaspoon ground black pepper
- 1 medium carrot, sliced
- 2 medium celery stalks, sliced
- ½ cup snap peas

1. Place the first eight ingredients into a blender container and blend until smooth.
2. Serve immediately using carrots, celery, and snap peas for dipping.

*Nutrition information per serving:*  
Calories 211, Carbohydrate 34 g, Dietary Fiber 8 g, Protein 11 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 336 mg

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

## Let's Get Physical!

- **At home:** Run in place with your kids during TV commercials.
- **At work:** Choose the parking spot that is the farthest away from the door. Every extra step counts!
- **At school:** Encourage your child to jump rope and hula hoop during recess.
- **With the family:** Stretch before bedtime. It may help all of you relax and sleep better.

For more ideas, visit: [www.bam.gov](http://www.bam.gov)

## 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%

## How Much Do I Need?

- A ½ cup of dry beans is about one cupped handful. This makes about 1½ cups of cooked beans.
- A ½ cup of most cooked beans is an excellent source of fiber and folate.
- Dry beans are also a good source of plant 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.

The amount of fruits and vegetables you need each day depends on your age, gender, and physical activity level. The chart below will help you find out how much you need. Set a good example by letting your family see you eat a variety of fruits and vegetables.

## Recommended Daily Amounts of Fruits and Vegetables\*

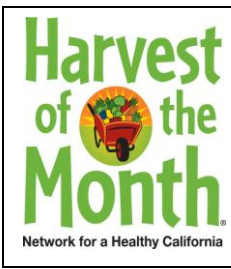
	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

## What's in Season?

Dry beans are in season all year long and can be found in many colors, sizes, and varieties. They can also be found canned and frozen.

Try these other good or excellent sources of plant protein: nuts, peanut butter, peas, sunflower seeds, and soybeans (as edamame or tofu).



Kev Sau Qoob raws Hlis yuav tham txog.

## Cov Noob Taum Qhuav

### Yuav Tsum Muaj Kev Noj Qab Nyob Zoo Txaus thiaj Kawm Tau Ntawv Zoo

Yog ua txhua txhua hom khoom noj rau koj tus me nyuam noj nws lub cev yuav nyob tau hauj zas dua. Kev nyob hauj zas yuav pab tau koj tus me nyuam kawm tau ntawv zoo heev. Raws li daim teem cim qhia khoom noj, cov noob taum qhuav yog ib feem khoom noj uas zoo heev pab rau lub cev. Muaj ob yam li qaij thiab tej noob taum yog cov muaj txab protein zoo rau lub cev. Cov noob taum qhuav no los kuj yog ib feem ntawm zaub thiab vim tias lawm muaj cov txab vitamins thiab cov phuas ntau heev li. Muab ntau yam noob taum qhuav los ua xyaw ntau yam noj yuav yog ib cov zoo heev pab rau lub cev. *Tsab Ntawv Piv Txog Kev Sau Qoob Raws Hli* muaj qhia txog kev ua noj kom nyob hauj zas thiab cus ciav.

### Kev Tu thiab Khaws Cia

- Xaiv cov noob taum qhuav li: cov garbazo los yog(chickpeas), cov noob taum dub ntaws (cowpeas), noob taum pluav me me, noob taum dub loj, noob taum dawb, noob taum qe diab, noob taum liab, thiab noob taum dub me me.
- Xaiv cov puv puv hlaws hlov thiab loj sib luag, thiab zoo tib xim.
- Yuav cov noob taum uas muab cia nkoog thiab cov muab ntim hauv poom es tsis muaj ntsev xyaw.
- Muab cov noob taum qhuav ntim rau tej txws los lam fwj uas muaj hau kaw ntom ntom tso rau tej qhov chaw txias zias, qhuav qhawv, thiab tsaus nyos.
- Cia tej noob taum ua twb hauv tau lawm kom ncaj ke es thiaj tau ua (casseroles) thiab ua quesadillas noj.

### Yam Twg Thiaj Muaj Noj Thawm Niaj Thawm Xyoo?

Cov noob taum qhuav yog cov muaj noj thawm niaj thawm xyoo thiab muaj ntau yam kob, ntau hom thiab ntau yam noob. Muaj cov ntim hauv poom thiab cov muab ua nkoog cia lawm. Xyaum noj tej txiv qab rog qhuav vim nws muaj txab protein zoo heev pab lub cev thiab xws li: txhua hom noob txiv qab rog (nuts), noob txiv laum huab xeeb zom mo mo (peanut butter) noob taum mog, noob paj hnoob hlis thiab cov kua taum pauv (kua taum los yog taum fwv).

### Kev Qhia Ua Noj

Muab noob taum qhuav tsau ua ntej mam muab hau kom muag. Muaj cov noob taum siav hauv poom thiab cov muab cia nkoog es thau los noj lawm xwb.

- Muab cov noob taum dawb los yog noob taum lag los do xyaw xam lav noj.
- Muab cov noob taum pluav me me ua casseroles noj tam nqaij los tau.
- Muab cov noob taum dub hau xyaw lwm yam ua kua noj vim nws muaj txab protein zoo.
- Muab cov noob taum dub xyaw rau pizza noj nws muaj tsos qab rog thiab nws muaj phuas zoo.
- Siv cov noob taum koj nyiam los ntsw lwm yam noj (muab tuav kom mo mo ntsw zaub los sis txiv ntoo noj).

### Dhia Ua Ke!

- **Nyob Hauv Tsev:** Nrog me nyuam sib raws ua si thaum saib TV.
- **Nyob Tom Hauj Lwm:** Xaiv qhov chaw nres tsheb uas deb tshaj plaws nres tsheb. Txhua txhua kauj ruam uas koj mus kev puav leej zoo rau koj lub cev!
- **Nyob Tom Tsev Kawm Ntawv:** Hais kom koj tus me nyuam dhia hlua thiab qoj cev (hula hoop) lub caij so.
- **Nyob Nrog Tsev Neeg:** Ncab duav ua ntej mus pw. Ua li no yuav pab tau lub cev kom muag thiab tsaug zog zoo.

Xav paub kom ntxaws, mus saib hauv:[www.bam.gov](http://www.bam.gov)

### Kuv Yuav Noj Ntau Npaum Cas Thiaj Zoo?

- Ib nta khob noob taum qhuav ces ntau npaum li ib txhais tes puv nkaus. Npaum no ces ntau li 1½ khob noob taum hau siav.
- Feem ntau ntawm cov noob taum qhuav ces noj ib nta khob hau siav xwb twb muaj cov phuas thiab cov folate zoo rau lub cev kawg lawm.
- Noob taum qhuav muaj cov txab protein, cov txab iron thiab cov txab potassium uas zoo rau lub cev.
- Cov txab protein yog ib co txab los ntawm tej zaub mov yus noj los pab rau tej pob txha, tej nqaij, tej plaub hau thiab tej tawv nqaij ntawm peb lub cev.

Noj tej txiv hmab txiv ntoo thiab tej zaub txhua hnuv kom haum noj raws lub hnuv nyooq, poj niam los txiv neej thiab seb ua hauj lwm nyhav npaum li cas xwb. Daim qauv qhia hauv qab no yuav pab tau koj kom paub seb koj yuav noj ntau npaum li cas thiaj haum koj lub cev. Xyaum ua ib tug qauv zoo yog yuav noj ntau yam txiv hmab txiv ntoo thiab ntau yam zaub rau koj tsev neeg pom.

### Qhia Noj Zaub Thiab Txiv Ntoo Raws Hnoob Nyooq\*

	Cov Me Nyuam Hnuv Nyooq 5-12	Cov Hluas thiab Cov Laus, hnuv nyooq 13 rov saud
<b>Cov Txiv Neej</b>	2½ - 5 khob rau ib hnuv	4½ - 6½ khob rau ib hnuv
<b>Cov Poj Niam</b>	2½ - 5 khob rau ib hnuv	3½ - 6½ khob rau ib hnuv

\*Yog tias hnuv twg koj ua hauj lwm heev, noj ntau khob ntxiv rau. Mus saib hauv [www.mypyramid.gov](http://www.mypyramid.gov) kom paub ntau ntxiv.