

Harvest of the Month



Network for a Healthy California

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



Health and Nutrition Go Hand-in-Hand

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of cooked potatoes is a good source* of vitamin C. A ½ cup of cooked potatoes is about half of one medium potato. Potatoes are also a source of many important vitamins and minerals, such as vitamin B₆, potassium, and niacin. Niacin is a type of B-vitamin that helps make energy in your body.

*Good sources provide 10-19% Daily Value.

Healthy Serving Ideas

Sprinkle potato wedges with chopped garlic and Italian seasoning; bake at 400°F for 7 minutes. Flip the wedges and sprinkle the other side with the garlic mixture; bake 7 minutes more for a hot and crispy side dish.



Top baked potatoes with one tablespoon of lowfat sour cream and your choice of toppings – like chopped avocado and salsa, broccoli and lowfat Cheddar cheese, or chopped tomatoes and bell peppers.



Roast small potatoes with carrots and green beans as a side dish for a chicken dinner.



Shopper's Tips

- Look for firm potatoes with smooth skin and without sprouts. Avoid potatoes with any green coloring.
- Keep potatoes in a cool, dark, and dry place (not the refrigerator). Put in a plastic bag with holes for up to five weeks.
- Wash potatoes thoroughly before cooking. Do not use potatoes that have sprouted or softened.

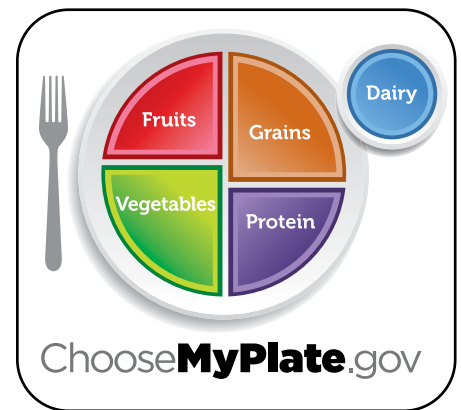
Let's Get Physical!

Swimming is a great way to cool off in the summer and a fun way to be active. Swimming is low-impact and uses all of the major muscle groups. Check your local Department of Parks and Recreation to find a public pool near you!

How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:

- Make half your plate fruits and vegetables to reach your total daily needs!



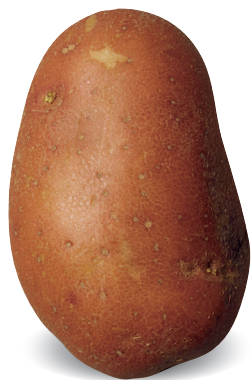
For more recipes and tips, visit:
www.CaChampionsForChange.net

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Health and Learning Success Go Hand-in-Hand

Healthy students focus, learn, and do better in the classroom. They are also less likely to miss school. Serve a variety of colorful fruits and vegetables every day to help your family be healthy. *Harvest of the Month* can provide you with ideas to help your family live a healthy, active lifestyle.

Produce Tips

- Choose firm potatoes with smooth skin. Avoid potatoes that are shriveled, bruised, or have sprouts. Also avoid potatoes with any green coloring.
- Store potatoes in a cool, dark, and dry place (not the refrigerator). Place them in a burlap bag or plastic bag with holes. When stored properly, potatoes can keep up to five weeks.
- Wash potatoes thoroughly before cooking.

Healthy Serving Ideas

- Boil, bake, roast, or grill potatoes. Sprinkle with fresh herbs and spices.
- Top baked potatoes with mashed avocado instead of butter. Other toppings include salsa, broccoli, lowfat cheddar cheese, and lowfat cottage cheese.
- Boil cubes of potatoes and carrot slices. Mash with a small amount of reduced-sodium chicken broth to make orange mashed potatoes.
- Serve water, lowfat or nonfat milk, or 100% juice to your child.

OVEN WEDGE FRIES

Makes 4 servings. 1 cup each.

Cook time: 25 minutes

Ingredients:

- Nonstick cooking spray
- 2 large russet potatoes, wedged
- 2 cloves garlic, finely chopped
- 1 teaspoon Italian herb seasoning mix
- 1 teaspoon chili powder or paprika

1. Preheat oven to 400 F. Spray cookie sheet with nonstick cooking spray. Place potato wedges on sheet.
2. In a small bowl, combine garlic with seasonings. Sprinkle ½ of the mixture over top of potato wedges.
3. Bake wedges for about 7 minutes or until they start to brown. Flip wedges over and sprinkle with the remaining mixture.
4. Bake for another 7 minutes or until wedges are brown and cooked through. Serve hot.

Nutrition information per serving:

Calories 146, Carbohydrate 33 g, Dietary Fiber 4 g, Protein 4 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 22 mg

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

Let's Get Physical!

- Find a safe walking or biking route to your child's school.
- Make arrangements with other parents to take turns walking (or biking) students to and from school.
- Contact your local parks and recreation department to find out about any free or low-cost activities they offer.

For more ideas, visit:

www.saferoutesinfo.org

Nutrition Facts

Serving Size: ½ cup potato, cooked (78g)

Calories 68 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	6%
Sugars 1g	
Protein 1g	
Vitamin A 0%	Calcium 0%
Vitamin C 17%	Iron 1%

How Much Do I Need?

- A ½ cup of cooked potatoes is about one cupped handful. This is about the size of half of one medium potato.
- A ½ cup of cooked potatoes is a good source* of vitamin C.
- A ½ cup of cooked potatoes is also a source of many important vitamins and minerals, such as vitamin B₆, potassium, and niacin.
- Niacin is a type of B-vitamin that helps make energy in your body.

The amount of fruits and vegetables that is right for each person depends on age, gender, and physical activity level. Eating a variety of colorful fruits and vegetables with every meal and snack will help you and your family reach your daily goals. Remember that all forms count toward your daily amount – fresh, frozen, canned, and dried.

*Good sources provide 10-19% Daily Value.

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.mypyramid.gov to learn more.