

# Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **salad greens**



## 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.

One cup of salad greens—like butterhead, green leaf, red leaf, romaine, and iceberg—is an excellent source\* of vitamin K. This vitamin helps stop cuts and scrapes from bleeding too much and starts the healing process. It also works with calcium to help build strong bones.

\*Excellent sources provide at least 20% Daily Value.

## Healthy Serving Ideas

Add lots of salad greens to sandwiches and pita pockets.<sup>†</sup>



Top salads with a variety of fruits or vegetables for a different creation every day.



Add salad greens to whole wheat tortilla wraps for a quick and healthy meal.<sup>†</sup>



## Shopper's Tips

- Look for lettuce heads that are tight and firm. Look for darker colored leaves (they have more nutrients!).
- Wash and dry salad greens immediately after you buy them.
- Put in a plastic bag with small holes. Keep in the refrigerator for up to two weeks depending on the variety.

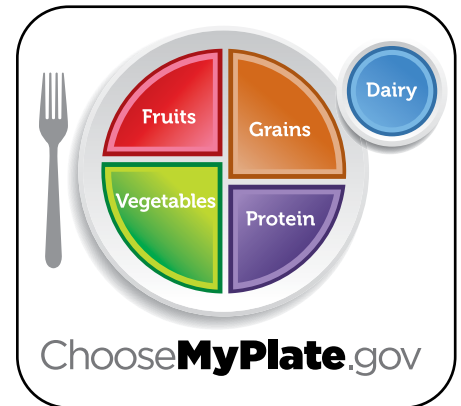
## Let's Get Physical!

Doing chores, walking, dancing, and playing sports are great ways to give your heart and lungs a workout. Be sure to also include strength activities to help you keep a healthy weight and strong muscles. If you don't have any dumbbells, use canned food. Or try exercises that don't need equipment like stomach crunches, leg lifts, or push-ups.

## 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](http://www.CaChampionsForChange.net)

<sup>†</sup>Photography courtesy of Dole Food Company.

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## salad greens



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

Students who eat healthy and get regular physical activity often do better in the classroom. Enjoy California's bounty of fruits and vegetables and outdoor activities. With *Harvest of the Month*, your family can explore, taste, and learn how to eat more fruits and vegetables and be physically active every day.

### Produce Tips

- Look for dark green leaves. Choose lettuce heads that are tight and firm.
- Wrap salad greens in slightly damp paper towels. Place in a plastic bag with holes for air. Store in the refrigerator for up to one week.
- Rinse lettuce with cold water. Gently pat dry leaves before using.

### Healthy Serving Ideas

- Try different kinds of salad greens to find out which ones your child likes.
- Add salad greens like romaine, green leaf, and red leaf lettuce to sandwiches.
- Ask your children to create their own salads. Let them pick out the vegetables and toppings they want to use.
- Add color to salads with carrot strips, shredded purple cabbage, or even fruit (e.g., oranges, apples, raisins).
- Use or make lowfat salad dressings. Ask the produce manager at your local store for recipe tips.

### CACTUS SALAD

**Makes 4 servings.** *1½ cups per serving.*  
**Prep time:** 15 minutes

#### Ingredients:

- 4 cups shredded green cabbage
  - 2 fresh cactus leaves (about 1 cup), cleaned and finely chopped
  - 4 thin slices white onion
  - 4 radishes, thinly sliced
  - 1 large tomato, chopped
  - 1 serrano chili, seeds removed and finely chopped
  - 2 tablespoons cider vinegar
  - 1 teaspoon oil
  - 1 teaspoon sugar
1. In medium bowl, mix cabbage, cactus, onion, radishes, tomato, and chili. Place on 4 separate plates.
  2. In small bowl, stir together vinegar, oil, and sugar. Drizzle over each salad. Serve immediately.

*Nutrition information per serving:*  
 Calories 48, Carbohydrate 9 g, Dietary Fiber 3 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 20 mg

Adapted from: *Healthy Latino Recipes Made With Love*, Network for a Healthy California, 2008.

### Let's Get Physical!

- You are a role model. It is important that your child sees you being active.
- Go for a morning or evening jog. Have your child ride next to you on a bike.
- Play one of your favorite outdoor childhood games with your family.

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

### Nutrition Facts

Serving Size: 1 cup green leaf lettuce, shredded (36g)	
Calories 5	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	2%
Sugars 0g	
Protein 0g	
Vitamin A 53%	Calcium 1%
Vitamin C 11%	Iron 2%

### How Much Do I Need?

- One cup of salad greens is about two cupped handfuls.
- One cup of salad greens (butterhead, green leaf, red leaf, romaine, iceberg) is an excellent source\* of vitamin K.
- Most varieties of salad greens are also a good source\* of vitamin A and folate.
- Vitamin K helps stop cuts and scrapes from bleeding too much. It also works with calcium to help build strong bones.

The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level. Add a variety of colorful fruits and vegetables to your plate at every meal – red, yellow/orange, blue/purple, green, and white/tan/brown. This will help you reach your daily goals.

\*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

### Recommended Daily Amount 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.

### Did You Know?

Dark lettuce leaves have more nutrients than lighter-colored leaves.