



Broccoli



FAMILY NEWSLETTER

The Harvest of the Month featured fruit is broccoli.

Health and Learning Success Go Hand-in-Hand

Children who eat school meals are more likely to eat the recommended amount of fruits and vegetables every day than those who do not. Eating the recommended amount every day can help your child stay healthy and learn better in school. Harvest of the Month helps your family explore, taste, and learn about the importance of eating more fruits and vegetables and being active every day.

Healthy Serving Ideas

- ◆ Dice and toss raw broccoli in a salad.
- ◆ Pour lemon juice or sprinkle lowfat parmesan cheese over steamed broccoli to add and vary flavor.
- ◆ For a healthy snack, chop raw broccoli into pieces and serve with a fat free vegetable dip.
- ◆ Add broccoli and other vegetables to soups, pastas, omelets, and casseroles.
- ◆ Take your child to the grocery store. Ask your child to help you pick out fruits and vegetables for meals and snacks.
- ◆ Pack dried fruit or pre-cut fruits or vegetables in your child's lunch.

Produce Tips

- ◆ Look for broccoli with a firm stem and tight, compact florets that are dark green.
- ◆ Store broccoli in an open plastic bag in the refrigerator for up to five days.
- ◆ Rinse (don't soak) broccoli under cool water just before serving.
- ◆ Cook broccoli by steaming, microwaving, or stir-frying. Boiling causes some of the vitamins and minerals to be lost.

Let's Get Physical!

- ◆ Get at least 60 minutes of physical activity every day to help keep your heart healthy.
- ◆ Start a weekly walking routine with your child, neighbors, and child's friends.
- ◆ During TV commercials, have a push-up or sit-up contest with your child.

To track your physical activity, visit: www.choosemyplate.gov

Nutrition Facts	
Serving Size:	1/2 cup (78g)
Amount Per Serving	
Calories	27
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 32mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 0.54mg	4%
Potassium 229mg	7%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day used for general nutrition advice.



ZESTY ASIAN CHICKEN SALAD

Makes 4 servings. 1 cup per serving.

Prep time: 20 minutes

Ingredients:

- 3 boneless, skinless chicken breasts, cooked and chilled
- 3 green onions, sliced
- 1½ cups small broccoli florets
- 2 medium carrots, peeled and cut into strips
- 1 red bell pepper, cut into strips
- 2 cups shredded cabbage
- ½ cup fat free Asian or sesame seed salad dressing
- ¼ cup 100% orange juice
- ¼ cup chopped fresh cilantro

1. Cut chicken breasts into small strips. Place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat.
3. Stir in cilantro. Serve chilled or at room temperature.

Nutrition information per serving:

Calories 184, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 22 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 55 mg, Sodium 456 mg

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

How Much Do I Need?

- ◆ A ½ cup of broccoli is about the size of one cupped handful.
- ◆ A ½ cup of cooked broccoli is an excellent source of vitamin A, vitamin C, vitamin K, and folate.
- ◆ Folate is a water-soluble vitamin that helps make healthy red blood cells in your body. It may also help to protect against heart disease.
- ◆ Pregnant women need folate in their diets to help prevent some forms of birth defects.
- ◆ Folate comes from leafy vegetables like spinach and broccoli, some fruits (oranges), dry beans, and liver. Look for whole-grain breads and cereals fortified with folate (folic acid).

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. It is important to eat a variety of colorful fruits and vegetables every day to get all the nutrients your body needs. Find out how much each person in your family needs.

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.choosemyplate.gov to learn more.



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These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalFreshHealthyLiving.org.