Harvest of the Month

Network for a Healthy California

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

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 corn is about half of a large ear of corn. A large ear of yellow or white corn is a good source* of thiamin, which is also called vitamin B_1. Thiamin helps keep the body's nerves healthy. A large ear of corn is also a good source* of folate, fiber, and vitamin C.

*Good sources provide 10-19% Daily Value.

Healthy Serving Ideas

Cook corn on the grill at your next family BBQ.

Stuff whole wheat pita pockets with canned corn and black beans for a healthy sandwich.

Combine frozen corn (thawed), canned (diced) green chiles, chopped green onions, and tomatoes with a dash of lime juice and vegetable oil for a tasty salad. Top with grilled chicken for a complete meal.

Shopper's Tips

- Choose fresh, green husks with clean silk ends. Look for ears that are well-covered with plump, shiny kernels.
- Avoid yellow, shriveled, or dried husks and rotted silk ends.
- Store fresh corn in a cool place or in the refrigerator for up to three days.

Let's Get Physical!

Get moving without using a car or bus. Find safe walking and biking routes to nearby places in your neighborhood. Walk or ride a bike to work, a farmers' market, church, or local park.

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!

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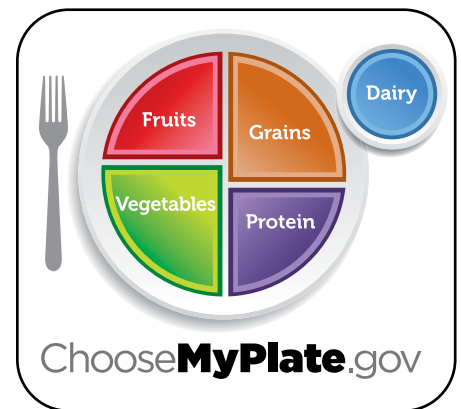
For more recipes and tips, visit:
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