

# Michigan Harvest of the Month



Michigan Nutrition Network™

Michigan Fitness Foundation

The Michigan Harvest of the Month™ featured fruit is

## apples



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

Healthy eating can help with your child's success in school. Eating the recommended amount of fruits and vegetables can help kids do better in school. Explore, taste, and learn about eating more fruits and vegetables and being active every day.

### Let's Get Physical!

- Instead of turning on the television or reading the paper first thing on Saturday morning, take a quick walk. While walking, talk about what happened during your week.
- Rake leaves or shovel snow together.
- Check with the local humane society and see if you can take a dog for a walk.

For more ideas, visit:

[www.kidnetic.com](http://www.kidnetic.com)

### Healthy Serving Ideas

- Freeze 100% apple juice in an ice tray or in a paper cup with a popsicle stick. Serve as a snack or dessert.
- Use unsweetened applesauce to make lower fat baked goods. Replace shortening or oils in baking with an equal amount of applesauce plus one-third of the oil called for in the recipe.

### TUNA APPLE SALAD

**Makes 4 servings.** 1 cup per serving.

**Prep time:** 15 minutes

#### Ingredients:

- 2 (6-ounce) cans water packed tuna, drained
- 2 tablespoons chopped red onion
- 1 medium apple, cored and chopped
- ¼ cup chopped celery
- ¼ cup golden raisins
- 3 tablespoons fat free Italian dressing
- 2 cups salad greens
- 2 medium whole wheat pitas

1. In a small bowl, stir tuna, onion, apple, celery, raisins, and two tablespoons of dressing together.
2. In another bowl, toss salad greens with remaining dressing.
3. Cut pitas in half to make 4 pita pockets.
4. Carefully fill pita pockets with equal amounts of tuna and salad greens. Serve immediately.

Nutrition information per serving:  
Calories 216, Carbohydrate 27 g, Dietary Fiber 4 g, Protein 25 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 26 mg, Sodium 544 mg

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



### Produce Tips

- Look for apples that are firm and do not have bruises or soft spots.
- Store apples at room temperature for up to one week. Or, refrigerate apples for up to three months. Do not refrigerate apples in closed bags.
- To keep apples from browning, prepare fresh apple dishes just before serving. Or, pour 100% apple juice over fresh apple slices.

### Nutrition Facts

Serving Size: ½ cup apples, sliced (55g)	
Calories 28      Calories from Fat 0	
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 0g	
Vitamin A 1%	Calcium 0%
Vitamin C 4%	Iron 0%

### How Much Do I Need?

- A ½ cup of sliced apples is about one cupped handful. This is about the size of half of a small apple.
- A ½ cup of sliced apples is a source of fiber.
- Fiber helps you feel full, helps keep your blood sugar level normal, and helps to avoid constipation. It is found only in plant foods.
- Fruits and vegetables are an important part of an overall healthy, balanced diet. Go to [www.choosemyplate.gov](http://www.choosemyplate.gov) to learn about the other food groups.
- Discuss with your child what your favorite fruits or vegetables are, why you like them, and your favorite ways to eat them.

The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart below to find out how many cups of fruits and vegetables you and your family need every day.

### 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.choosemyplate.gov](http://www.choosemyplate.gov) to learn more.

