

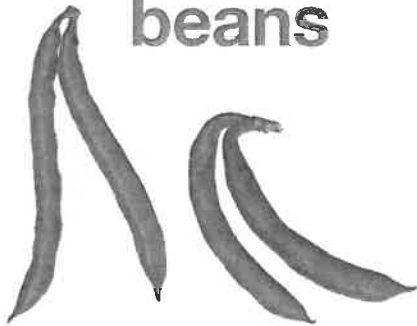
Harvest of the Month



NORTH COUNTRY REGION
EAT SMART NY

The *Harvest of the Month* featured vegetable is

green beans



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 green beans is a good source* of vitamin C and vitamin K. A ½ cup of green beans is about 10 medium green beans. Vitamin C helps your body heal cuts and wounds and helps lower your risk of infection. Vitamin K helps stop cuts and scrapes from bleeding too much and starts the healing process.

*Good sources provide 10-19% Daily Value.

Healthy Serving Ideas

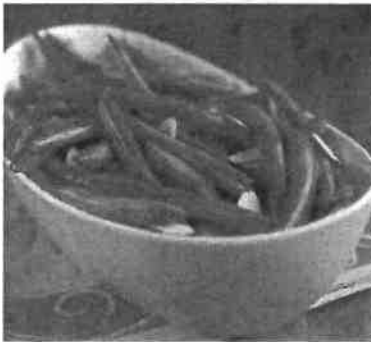
Sauté green beans with sliced bell peppers, chopped tomatoes, and chopped celery. Add a pinch of cayenne pepper for a spicy side dish.



Cook green beans and chopped cactus leaves in boiling water for 5 minutes. Serve with chicken mole.



Boil green beans for three minutes. Then sauté with a small amount of oil and a handful of sliced almonds.



Shopper's Tips

- Look for green beans that have a bright green color. Pick beans that are slender, feel firm, and have no brown or soft spots.
- Put green beans in a plastic bag with small holes. Keep in the refrigerator for up to one week.
- Wash green beans and then snap off both ends just before using.

Let's Get Physical!

Be active by playing with your children. Play hide-and-seek in the house or jump rope in the yard. You can even take them to a local park to kick a soccer ball or play tag. Teach your children how fun physical activity can be.

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.northcountryeatSMARTny.org

