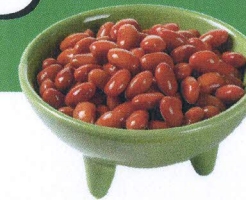


EAT YOUR BEANS



Nutrition Facts	
Serving Size: ½ cup cooked garbanzo beans (82g)	
Calories 134	Calories from Fat 18
% Daily Value	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	25%
Sugars 4g	
Protein 7g	
Vitamin A 0%	Calcium 4%
Vitamin C 2%	Iron 13%

Reach Your Goals!

Use this chart to set goals and track how many cups of fruits and vegetables you eat and how active you are. Physical activity is a game, sport, exercise, or other action that involves moving your body, especially if it makes your heart beat faster. Check how you did at the end of the day and set a goal for tomorrow. (Hint: Make copies of the chart and track your progress for one week!)

Write in your choices	Vegetables	Fruits	Physical Activity
GOAL	Eat ____ cups	Eat ____ cups	Be active for ____ minutes
Breakfast:			Activities:
Lunch:			
Dinner:			
Snacks:			

1. How many cups of vegetables did you eat? _____ cups
2. How many cups of fruits did you eat? _____ cups
3. How many minutes were you active? _____ minutes
4. Did you meet your goals for today? _____

Adapted from: www.teamnutrition.usda.gov

Reasons to Eat Beans

A ½ cup of most cooked beans has lots of fiber and folate. Eating beans is also a good way to get protein, iron, and potassium. Protein is the part of the food that we eat that makes the bones, muscles, hair, and skin in our bodies.

Plant Protein Champions:*

Beans (dried and cooked), nuts, peanut butter, peas, sunflower seeds, and soybeans (as edamame or tofu).

*Plant Protein Champions are a good or excellent source of protein.

How Much Do I Need?

A ½ cup of cooked beans is about one cupped handful. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Beans come in lots of shapes, sizes, and colors, like garbanzo (chickpeas), blackeye peas (cowpeas), kidney, lima, navy, black, and pinto beans. Remember to eat a variety of colorful fruits and vegetables throughout the day – fresh, frozen, canned, and dried. And, reach your goal of at least 60 minutes of physical activity every day!

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	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/kids to learn more.

For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. © California Department of Public Health 2009.



Harvest of the Month

Network for a Healthy California



DRY BEANS

Circle all beans on the menu.

- How many did you circle?
- What is your favorite bean variety?
- What is your favorite recipe with beans?

Neighborhood House Association

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Kashi Strawberry Fields, Fresh Pear & Milk	Bran Muffin, Sliced Apples, & Milk	Granola, Cherry Mango Compote, & Milk	Toasted Oats, Banana, & Milk	Kashi Heart to Heart, Oranges, & Milk
Bean Taco, Chopped Romaine Salad with Cilantro Ranch Dressing, Papaya Coriander Fruit Cup, & Milk	Tricolor Rotini with Mushroom Beef Bolognaise Sauce, Spinach Cranberry Salad with Raspberry Vinaigrette, Steamed Lemon Pepper Cauliflower, & Milk	Apple Gouda Chicken Penne Pasta, Vegetable Mélange, Fresh Pears, & Milk	Teriyaki Glazed Cod, Brown Rice, Curry Scented Baby Lima Beans, Orange, & Milk	Red Chili Braised Beef, Coriander Scented Rice with Chives, Chopped Romaine, Cilantro Ranch Dressing, Fresh Pear, & Milk
Pineapple Citrus Salad & Milk	Cilantro Cumin Chicken Salad with Pita Triangles, & Water	Rosemary-Great Northern Bean Soup with Croutons & Water	Ginger Mango Fruit Cup with Yogurt & Water	Sweet Potato Yogurt, Graham Crackers, & Milk
Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
7 Grain Honey Puffs, Fresh Pear, & Milk	English Muffin, Raspberry Cream Cheese, Orange, & Milk	Toasted Oats, Banana, & Milk	Multi Grain Bagel, Cream Cheese, Peach-Mango Compote, & Milk	Kashi Strawberry Fields, Peaches, & Milk
BBQ Chicken, Roasted Corn, Red Rose Mash, Glazed Apple & Peaches, Multi Grain Roll, & Milk	Turkey in Sun Dried Tomato Sauce with Penne Pasta, Fresh Cauliflower Florets, Carrot Coins, Mixed Salad with Tarragon Drizzle, & Milk	Piccadillo Creole, Basmati Rice, Cumin carrots, Fresh Orange, & Milk	Vegetarian Black Bean Chile Verde, Spanish Rice, Chopped Romaine Salad with Green Chile Vinaigrette, Papaya Cup, & Milk	Chicken Coconut Curry, Brown Rice, Oregano Scented Green Peas, Coriander Cabbage Salad with Sesame Dressing, & Milk
Kidney Bean and Green Chile Salsa with Tortilla Chips, & Water	Herbed Yogurt with Celery Sticks & Water	Roasted Corn Chowder, Multi Grain Crostini, & Water	Tuna Tostada & Water	Granola Yogurt Parfait with Blueberries & Water
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Corn Chex, Fresh Pear, & Milk	Bran Muffin, Sliced Apples, & Milk	Granola, Cherry Mango Compote, & Milk	English Muffin, Apple Cream Cheese Spread, Pear, & Milk	Kashi Heart to Heart, Peaches, & Milk
Spaghetti with Sicilian Meat Sauce, Roasted Zucchini with Mushrooms, Caesar Salad, & Milk	Hawaiian Teriyaki Chicken, Basmati Rice, Gingered Sesame Corn, Mango Pineapple Fruit Medley, & Milk	Turkey Burgers with Mini Buns, Fresh Tomato Soup, Garden Salad with Green Goddess Dressing, & Milk	Braised Beef with Wild Mushrooms, Steamed Broccoli, Multi Grain Rolls, Fresh Sliced Apples, & Milk	Herbed Panko Cod, Jasmine Vegetable Rice Pilaf, Mixed Vegetables, Oranges, & Milk
Cilantro Hummus with Stacy's Pita Chips & Water	Hard Boiled Eggs, Carrot Sticks, & Water	Black Eyed Pea Pepper Relish with Wheat Crackers, & Water	Herbed Cottage Cheese, Multi Grain Crostini, & Water	Chicken - Cranberry Salad with Mini Bun & Water
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Rice Chex, Orange, & Milk	Whole Grain Bagel, Cream Cheese, Sliced Apples, & Milk	7 Grain Kashi, Banana, & Milk	Happy Holiday!	Happy Holiday!
Beef Bulgolgi, Brown Rice, Sesame Carrots, Pineapple Cilantro Salad, & Milk	Vegetarian Lasagna Style Fusilli, Fresh Broccoli & Cauliflower Duet with Sundried Tomato Yogurt Dip, & Milk	Turkey Gumbo with Red Beans & Rice, Jazzy Lima Beans, Fruit Jambalaya, & Milk		
Mango Salsa with Tortilla Chips & Water	Tropical Fruit Ambrosia & Water	Curried Cauliflower Bisque with Pita Triangles & Water		
Monday 29	Tuesday 30	Happy Birthday Celebrate by enjoying Homemade Cranberry and Orange Cobbler!		
7 Grain Honey Puffs, Fresh Pear, & Milk	English Muffin, Raspberry Cream Cheese, Orange, & Milk			
California Cassoulet, Multi Grain Roll, Romaine Salad with Chive Vinaigrette, Fresh Melon Medley, & Milk	Chicken Fajita, Corn Tortilla, Tomato Rice, Oregano Cilantro Cabbage Salad with Ranch Dressing, Fresh Pear, & Milk			
Tropical Fruit Snack & Milk	Cannelini Bean, Roasted Red Pepper Dip with Wheat Cracker, & Water			