

Oneida • Herkimer • Madison

BOCES

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Nutrition Notes: June 2016: Harvest of the Month- Peas!

Harvest of the Month



Network for a Healthy California

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



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 peas (fresh or cooked) is an excellent source* of vitamin K. This vitamin helps stop cuts and scrapes from bleeding too much and starts the healing process. Peas are also a good source** of fiber, vitamin C, vitamin A, folate, and thiamin. Thiamin is also called vitamin B₁. It helps keep your body's nerves healthy.

*Excellent sources provide at least 20% Daily Value.
**Good sources provide 10-19% Daily Value.

Healthy Serving Ideas

Cook sugar snap or snow peas with sliced vegetables and chicken strips for a quick stir-fry.



Add sugar snap or snow peas to your favorite pasta dish.



Simmer green peas with sliced mushrooms in low-sodium chicken broth for a tasty side dish.



Shopper's Tips

- Look for fresh green peas with firm, bright green, medium-sized pods.
- Put fresh peas in an open plastic bag. Keep in the refrigerator for up to five days. Wash peas just before using.
- Put cooked green peas in an airtight container. Keep in the refrigerator for up to four days.
- For frozen or canned peas, pick low-sodium varieties without butter sauces.

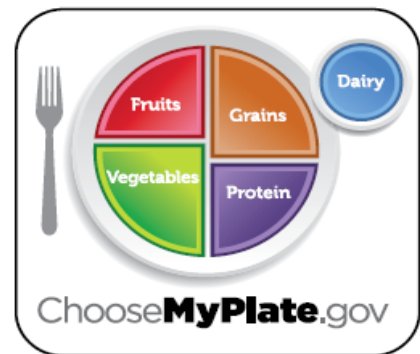
Let's Get Physical!

Limit the amount of TV you watch. This will give you more time to be active – like doing chores, playing with your kids, or getting outside to enjoy the fresh air. Break the habit of turning on the TV “to see what’s on.” If you don’t know what’s on, you won’t miss it!

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.CaChampionsForChange.net

