Produce Tips

• Choose firm heads that feel heavy and are tightly-packed.
• Store whole or chopped cabbage in sealed plastic bag in refrigerator. Use within one week.
• Before use, rinse thoroughly and remove tough outer leaves. Cut in half and trim core.

Helping Your Child Eat Healthy

• Serve green fruits and vegetables to maintain vision health.
• Make “confetti” coleslaw by using a mix of green, red and Chinese cabbages.
• Boil or steam cabbages to use in stews, soups and casseroles. (See recipe.)
• Provide raw, crunchy fruits and vegetables as snacks for your child.
• Look for a farmers’ market in your area to find low-cost fruits and vegetables. For more ideas, visit: www.cspinet.org/healthysnacks

How Much Do I Need?

A serving of cabbage is one cup raw shredded leaves (about two cupped handfuls). When cooked, this is about one-half cup.

Eating a variety of colorful fruits and vegetables each day will help you and your child reach your total daily needs.

Ingredients:

STOVE TOP CASSEROLE

(Makes 5 servings at 1 cup each)

1 small onion, chopped
4 medium potatoes, peeled, sliced
1/2 cups chicken stock (or broth), reduced sodium
2 cups green cabbage, shredded
1 cup reduced fat cheese, shredded
1 tablespoon vegetable oil

2. Add potatoes and chicken stock. Cover and reduce heat to low. Simmer until potatoes are slightly tender.
3. Add cabbage. Cover and simmer for five more minutes.
4. Sprinkle with cheese and let stand until cheese melts.
5. Serve warm.


Nutrition Facts

Serving Size: 1 cup raw savoy cabbage, shredded (70g)

<table>
<thead>
<tr>
<th>Amount per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 19</td>
<td>Calories from Fat 1</td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>Saturated Fat 0g</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>Cholesterol 0mg</td>
</tr>
<tr>
<td>Sodium 20mg</td>
<td>Total Carbohydrate 4g</td>
</tr>
<tr>
<td>Dietary Fiber 2g</td>
<td>Sugars 2g</td>
</tr>
<tr>
<td>Protein 1g</td>
<td>Vitamin A 14%</td>
</tr>
<tr>
<td>Vitamin C 36%</td>
<td>Iron 2%</td>
</tr>
</tbody>
</table>

Let’s Get Physical!

• Limit screen time and increase activity time. It will help prepare your child for spring fitness testing.
• Create activity calendars for you and your family. Plan them together. (You can create calendars online at www.bam.gov.)
• Include indoor and outdoor activities on your calendar (e.g., dancing, doing sit-ups, walking/jogging, jumping rope and playing team sports like basketball and soccer).
• When watching TV, look for educational programs that may help your child in school.*

*The American Academy of Pediatrics recommends no more than two hours of quality programming a day.

For more physical activity ideas, visit: www.verbnow.com

Recommended Daily Amounts of Fruits and Vegetables*

<table>
<thead>
<tr>
<th>Ages 5-12</th>
<th>Teens, Ages 13-18</th>
<th>Adults, 19+</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 1/2 - 5 cups per day</td>
<td>3 1/2 - 6 1/2 cups per day</td>
<td>3 1/2 - 6 cups per day</td>
</tr>
</tbody>
</table>

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

This material was funded by USDA’s Food Stamp Program through the California Department of Public Health’s Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Public Health 2007.
Qhia Koj Tus Me Nyuam Noj Zaub
• Pub zaub rau me nyuam noj ntau yuav pab tau lawv qhov muag pom kev zoo dua.
• Muab zaub qhvw ntsuab, zaub qhvw xiav, zaub pob dawb thiab zaub ntug daj suam mo mo do xyaw roj noob hnav, kua qaub, ntsev, fwj txob thiab me ntsis kua qab zib noj.
• Muab zaub hau xyaw nqaij, kib xyaw nqaij, muab cub los sis hiab los do xyaw qhiav, ntsev thiab kuav txob noj.
• Tsaub nqaij kib ua kua las xyaw txuj lom rau me nyuam ntsw xam lav noj txom ncauj.
• Muab cia lawv suam tau lawv nqaij, kib xyaw nqaij, muab cia lawv suam tau lawv nqaij.
• Tsaub nqaij kib ua kua las xyaw txuj lom rau me nyuam ntsw xam lav noj txom ncauj.
• Yauv zaub tuawn zoo los yuav tsum yog muaj kev noj qab nyob zoo thiab.

Yuav Noj Zaub Qhvw Ntau Npaum Li Cas thiaj txaus?
Noj cov zaub qhvw suam nyoos ib zaug li ib khob (khvw yees li ib nphoov tes puv puv).
Yog muab hau siav lawm no ces ntau li ib nta khob.
Noj ntau yam txiv hmbx txiv ntoo thiab zaub uas muaj ntau hom kob txhua hnub xwb ces yeej zoo rau lub cev lawm.

Siv Lub Cev Hom Khaj!
• Txaub jeeb yaj duab (TV) ntau tsis zoo kev kwaw.
• Yog muab cia lawv suam tau lawv suam.
• Yog saib TV, cia me nyuam saib tej qhov thiaj xweem uas luag qhia rau me nyuam kawm thiaj pab tau lawv nyob rau tom tsev kawm ntawv xwb.*