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

**Healthy Serving Ideas**
- Add corn to your favorite salad recipes using fresh, frozen, or canned corn.
- Stuff corn and black beans into whole wheat pita pockets for a healthy sandwich.
- Sprinkle corn kernels on pizza for a new take on toppings.
- Add frozen or canned corn to your favorite casserole or soup.

**How Much Do I Need?**
- A ¼ cup of corn is about one small ear of corn. This is about the same as one cupped handful of corn kernels.
- A ¼ cup of corn provides a good source of folate and thiamin.
- Thiamin is also called vitamin B₁. It helps your body use energy.

**Recommended Daily Amounts of Fruits and Vegetables**

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<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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<tbody>
<tr>
<td>Males</td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
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<tr>
<td>Females</td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
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*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

**What’s in Season?**
Fresh California grown corn is in peak season during the summer. Frozen and canned corn varieties are available year-round.

Try these other good or excellent sources of thiamin: beans (black, lima, navy, pinto, soy), fortified breakfast cereals, pasta, rice, and whole grain products.

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**CORN AND GREEN CHILI SALAD**

Makes 4 servings. ¾ cup each. Cook time: 10 minutes

**Ingredients:**
1. (10-ounce) can diced tomatoes with green chilies, drained
2. cups frozen corn, thawed (or 2 cups canned corn, drained)
3. tablespoons chopped fresh cilantro or ½ teaspoon dried cilantro flakes
4. cup sliced green onions (optional)
5. tablespoon vegetable oil
6. tablespoon lime juice

**Nutrition information per serving:**
- Calories 94, Carbohydrate 19 g, Dietary Fiber 3 g, Protein 3 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 94 mg

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

For more recipes, visit: [www.cachampionsforchange.net](http://www.cachampionsforchange.net)

**Let’s Get Physical!**

- **At home:** Turn off the television and turn on the radio to dance to your favorite music with your child.
- **At work:** Take a walk around your worksite with a co-worker.
- **At school:** Walk, jog, or bike to and from school with your child.
- **With the family:** Go to a local park and play tag with the whole family!

For more ideas, visit: [www.cdc.gov/physicalactivity](http://www.cdc.gov/physicalactivity)