

Tips for Parents of Preschool Children



is for Asparagus

Produce Tips

- Buy firm, bright-green stalks with tight, purple-tinted buds when you buy green asparagus.
- Use as soon as possible after purchase.
- Wash asparagus in cold water. Stand stems up in a container with about one inch of water.
- Trim the ends before storing. Cover the tops with a plastic bag and refrigerate for no more than a few days.

Nutrition Facts

Serving size:

½ cup asparagus, cooked (90g)

Calories 20	Calories from Fat 2	% Daily Value
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 13mg		1%
Total Carbohydrate 4g		1%
Dietary Fiber 2g		7%
Sugars 1g		
Protein 2g		
Vitamin A 18%	Calcium 2%	
Vitamin C 12%	Iron 5%	

Source: www.nutritiondata.com

Recipe

MARINATED SALAD

Makes 6 adult servings at 1 cup each

Ingredients

- 1 cup chopped cauliflower
- ½ cup sliced mushrooms
- 2 cups asparagus, sliced (about ¾ lb fresh or 10 ounces frozen)
- ½ cup reduced-fat Italian or red wine vinaigrette
- 3 cups tightly packed fresh spinach leaves

PREPARATION

- Steam or microwave cauliflower, mushrooms, and asparagus until asparagus is soft.
- Place vegetables in medium bowl.
- Mix together with half of dressing.
- Tear spinach into bite-sized pieces and toss with remaining dressing in large bowl. Top with marinated vegetables and serve warm or chilled.

Adapted from:

www.harvestofthemonth.com

Nutrition Information

Per Serving:

Calories 27,
Carbohydrates 6 g,
Protein 2 g,
Total Fat 0 g,
Saturated Fat 0 g,
Cholesterol 0 mg,
Sodium 235 mg,
Dietary Fiber 2 g



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.

What Should Parents Know About Children?

Eating a variety of foods helps your child get essential vitamins and minerals.

- Offer your child more colorful choices for meals.
- Eating new foods is a learning experience for young children.
- Talk about food colors, tastes, textures and smells with your child.
- Do not force your child to eat a new food. It may take many tries before your child will try a new food.

Family Activity

Include physical activity at the next birthday party!

- Have an activity party. Try relay races, backyard Olympics, or an obstacle course.
- Lawn bowling can be fun. Set up empty milk cartons for pins and use a soccer or basketball to knock them over.
- Give gifts that encourage physical activity, such as soccer balls, jump ropes, basketballs, or a baseball and bat.



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