

Tips for Parents of Preschool Children



B is for Beans

Produce Tips

- Look for smooth, hard, round beets. Avoid those with cuts, bruises, or yellow leafy tops.
- Store beets, with leafy tops cut off, in plastic bags in the refrigerator up to one week. Eat the leafy tops as soon as possible.
- Wash green tops and scrub beets before cooking and eating.

Source:

http://www.fruitsandveggiesmatter.gov/month/root_vegetables.html

Nutrition Facts

Serving Size: 1/2 cup cooked kidney beans, boiled, without salt (88 g))

Calories 112	Calories from Fat 4	% Daily Value
Total Fat 0g		1%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 1mg		0%
Sodium 65mg		3%
Total Carbohydrate 20g		7%
Dietary Fiber 6g		23%
Sugars 7g		
Protein 8g		
Vitamin A 0%	Calcium 3%	
Vitamin C 2%	Iron 11%	

Source: www.NutritionData.com

Recipe

HEARTY BEAN AND VEGETABLE SOUP

Makes 8 servings. 2 cups per serving.

Ingredients

- ½ cup each dried pink beans, dried lentils, dried black beans, yellow split peas, dried kidney beans, and dried blackeye peas
- 8 cups water
- 1 smoked ham hook (about ½ pound)
- 1 teaspoon each dried basil, dried rosemary, dried marjoram, and crushed red chilies
- ½ teaspoon each salt and ground black pepper
- 1 bay leaf
- 1 cup chopped onion
- ½ cup chopped carrots and celery
- 2 (14½-ounce) cans no salt added diced tomatoes, undrained
- 1 (8-ounce) can tomato sauce

Preparation

1. Rinse dried beans under cold running water. Place beans, lentils, and peas in a large bowl, and cover with water. Let stand 8 hours, then drain.
2. In a large pot add drained beans, ham hook, water and bring to a boil. Add spices, onion, carrots, celery, tomatoes, and tomato sauce. Cover and simmer 2 hours at low heat. Remove the lid and cook 1 hour.
3. Discard bay leaf. Remove ham hook from soup and using a fork remove meat from bone. Return meat to soup and serve.

Nutrition information per serving:

Calories 346, Carbohydrate 60 g, Dietary Fiber 16 g, Protein 22 g, Total Fat 9 g, Saturated Fat 3 g, Trans Fat 0 g, Cholesterol 19 mg, Sodium 466 mg

Recipe From:

Champions for Change, Network for a Healthy California, <http://www.cachampionsforchange.net/en/docs/Dinner-Hearty-Bean-and-Vegetable-Soup.pdf>

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?

Children learn good nutrition habits in their early years. Help your children learn healthful habits.

- Have children sit with the family and eat the same meals.
- Serve children small portions. Let them ask for more. Keep in mind they have small stomachs.
- Allow children to learn about healthful treats, but limit before-meal snacks.
- Make mealtime pleasant and enjoyable.

Family Activity

Don't let the winter season stop you and your family from being active.

- Bundle up your kids and take a nature hike.
- Watch an exercise show or video with your children to follow along.
- Plant flower bulbs together (daffodils and tulips will come up in Spring).
- Go for a ride to visit a new place your child select.



**University of California
Cooperative Extension in Alameda County**
1131 Harbor Bay Pkwy, Ste. 131
Alameda, CA 94502
Ph: 510-567-6812 ■ Fax: 510-748-9644
<http://neta.ucdavis.edu>

