



HealthiestWeight

Morning Announcement
November 2014

Food for Thought

Healthy Food of the Week

Green Bean

Green beans are edible pods that are grown either as pole beans which are climbing or running beans, or as bush beans which grow on a shorter plant. The green bean pod can be many different colors besides just green. There are green bean varieties that are purple, golden, red and even streaked, but the beans inside the pod are always green. The names of some green bean varieties include Blue Lake (green pod), Golden Wax (golden pod), Purple King (purple pod), Dragon's Tongue (streaked pod) and Red Swan (red pod).

November is the time of year when green beans are grown by Florida vegetable farmers or grown in a home or school garden. This is perfect timing for having fresh green beans as part of the Thanksgiving dinner menu.

When selecting green beans whether from the grocery store, a farmer's market or from your own vegetable garden plants the beans should be firm and crisp and picked when the seed inside the pod is still small. This is when fresh green beans have the best taste and texture.

Green beans are a great source of Vitamin A which is good for vision and keeping our skin healthy, and Vitamin C which helps the body heal and resist infection.

The green bean as a healthy food can be eaten raw, cooked, hot or cold. Raw green beans are good in salads or eaten on their own with a dipping sauce such as salsa combined with fat free sour cream. Cooked green beans are steamed, sautéed or boiled, but just until they are tender, not over cooked.

Remember: Make 5-2-1-0 your goal every day.

- 5** - Fruits and vegetables a day (including the green bean)
- 2** - Only 2 hours or less of screen time a day (TV, computers, video games)
- 1** - One hour of physical activity a day
- 0** - Sugar-sweetened drinks (drink more water and non-fat milk)

References:

<http://www.harvestofthefmonth.cdph.ca.gov/>

<http://www.freshfromflorida.com>