



HealthiestWeight

Morning Announcement
December 2015

Food for Thought

Healthy Food of the Month

Snap Bean / Green Bean

Green beans are also known as snap beans because of the sound they make when they are broken or snapped when being prepared for eating. The green bean is an edible pod that is grown either as a pole bean which grows on a climbing plant, or as bush bean which is 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.

December is a time of year when green beans are grown by Florida vegetable farmers or in a home or school garden; a perfect time to enjoy fresh snap beans as part of a holiday dinner menu.

When selecting green beans whether from the grocery store, a farmer's market or your own vegetable garden 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 healthy skin, and Vitamin C which helps the body heal and resist infection.

The green bean 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 or snap 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.harvestofthemonth.cdph.ca.gov/>

<http://www.freshfromflorida.com>