



BEANS, GREENS, & GRAINS: ENCOURAGING KIDS TO EAT MORE

Support and Promote the *Michigan Nutrition Standards*

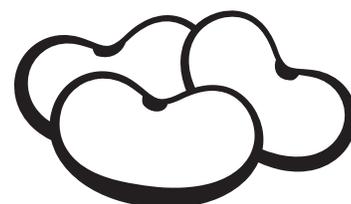
Have you noticed more beans, greens, and whole grains on the school menu?

Many schools are now making an effort to serve more of these healthy foods as part of school meals and snacks. ***Why?***

Because they're nutritious, great-tasting, and they help schools meet the new *Michigan Nutrition Standards*. The *Michigan Nutrition Standards* recommendations that address beans, greens, and grains are below.

| FOOD GROUP | RECOMMENDATION | EXAMPLES |
|--|--|---|
| Protein Foods (Beans, Lean Meat, Fish, Low-fat Dairy) | Serve low-fat meat or meat alternates 40% of the time for school lunch. | Beans that are legumes such as kidney beans, garbanzo beans, and black beans provide protein and fiber and meet this requirement. |
| Fruits and Vegetables | Serve a variety of fruits and vegetables; offer at least two servings of dark green vegetables per week as part of the National School Lunch Program. | Dark leafy greens such as spinach, kale, and romaine lettuce and green vegetables such as broccoli. |
| Grains | Serve whole grains at least three times per week as part of school meals and snacks, and encourage serving whole grains at classroom celebrations and anywhere else food is offered at school. | Whole grain bread, tortillas, crackers, cereal, bagels, etc. |

Parents can help their children learn to choose and eat healthy foods by offering them at home and more than one time. Children need to try a new food many times before they will eat it. Keep offering healthy foods including beans, greens, and grains, and your children will learn to eat and enjoy them.





WAYS TO ENCOURAGE KIDS TO EAT MORE BEANS, GREENS, GRAINS

BEANS

- Make a breakfast burrito: scrambled eggs, cheese, refried beans or mashed beans, and salsa.
- Stir canned rinsed beans into pasta or rice dishes.
- Add extra beans to canned soups such as minestrone or vegetable soup.
- Add dry washed lentils to brown rice and cook together according to rice directions.
- Make vegetarian chili using a variety of canned or dry beans e.g. pinto beans, black beans, garbanzo beans, white beans or red beans.
- Add different kinds and colors of beans to salads.
- Add chopped beans to meatloaf, spaghetti sauce or taco meat.
- Buy or make hummus to spread on crackers or use as a vegetable dip.

Does your child's school serve salads or have a salad bar?

Find out if different kinds of beans (garbanzo, kidney, pinto) or greens are offered to students in salads and on the salad bar.

GREENS

- Introduce kids to milder tasting greens first, such as spinach or kale. Save the endive and arugula for later.
- Mix chopped greens into salad. Many picky eaters will eat some dark leafy greens when mixed into a salad made with regular iceberg lettuce.
- Stir chopped, fresh or frozen greens into stir-frys, homemade soup or stews.
- Add fresh or frozen spinach or chopped kale to the cheese mixture when making lasagna or other pasta-type casseroles.
- Add fresh spinach leaves to omelets, sandwiches and wraps.
- Stir a handful of fresh spinach into homemade or canned soups right before you take it off the heat.

Kinds of Leafy Greens:

spinach, lettuce (any kind), Chinese cabbage (bok choy) kale, swiss chard, collards.

WHOLE GRAINS

- Read cereal labels and buy cereals that have a whole grain, such as whole oats, or whole wheat, listed first on the ingredient list. Oatmeal, old-fashioned rolled oats, quick oats, and instant oatmeal are whole grain.
- Buy bread, bagels, wraps, waffles, and tortillas that are **100% whole grain**.
- Use half whole grain or whole wheat flour when you make muffins, cookies, or pancakes.

Rate Your Plate.

MyPlate recommends that half of all of the grains children and adults eat in a day be whole grains.

Be a role model for your children.

Try new and different kinds of beans, greens and grains and your children will most likely be more willing to try them with you.

- Try whole wheat noodles when you make spaghetti. If you don't like 100% whole wheat pasta try some that is half whole grain.
- Use brown rice instead of white rice. If you don't want to wait 40 minutes until it's cooked, buy parboiled, quick-cooking brown rice.
- Try cooking other whole grains you might not have tried before such as barley, brown rice, quinoa, or bulgur wheat.