Healthy Serving Ideas
• Add corn to your favorite salad recipes using fresh, frozen, or canned corn.
• Stuff corn and black beans into whole wheat pita pockets for a healthy sandwich.
• Sprinkle corn kernels on pizza for a new take on toppings.
• Add frozen or canned corn to your favorite casserole or soup.

CORN AND GREEN CHILI SALAD
Makes 4 servings. ¾ cup each.
Cook time: 10 minutes
Ingredients:
1 (10-ounce) can diced tomatoes with green chilies, drained
2 cups frozen corn, thawed
(or 2 cups canned corn, drained)
2 tablespoons chopped fresh cilantro
or ½ teaspoon dried cilantro flakes
1/2 cup sliced green onions (optional)
1/2 tablespoon vegetable oil
1 tablespoon lime juice
1. In a medium bowl, mix tomatoes, corn, cilantro, and green onions.
2. In a small bowl, whisk oil and lime juice together.
3. Pour dressing over salad and mix well. Serve immediately.

Nutrition facts per serving:
Calories 94, Carbohydrate 19 g, Dietary Fiber 3 g, Protein 3 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 94 mg
Adapted from: Everyday Healthy Meals, Network for a Healthy California, 2007.
For more recipes, visit: www.cachampionsforchange.net

How Much Do I Need?
• A ½ cup of corn is about one small ear of corn. This is about the same as one cupped handful of corn kernels.
• A ½ cup of corn provides a good source of folate and thiamin.
• Thiamin is also called vitamin B₁. It helps your body use energy.

Recommended Daily Amounts of Fruits and Vegetables*

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<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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<tbody>
<tr>
<td>Males</td>
<td>2 1/2 - 5 cups</td>
<td>4 1/2 - 6 cups</td>
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<td>per day</td>
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<tr>
<td>Females</td>
<td>2 1/2 - 5 cups</td>
<td>3 1/2 - 5 cups</td>
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If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

What’s in Season?
Fresh California grown corn is in peak season during the summer. Frozen and canned corn varieties are available year-round.

Try these other good or excellent sources of thiamin: beans (black, lima, navy, pinto, soy), fortified breakfast cereals, pasta, rice, and whole grain products.

Let’s Get Physical!
• At home: Turn off the television and turn on the radio to dance to your favorite music with your child.
• At work: Take a walk around your worksite with a co-worker.
• At school: Walk, jog, or bike to and from school with your child.
• With the family: Go to a local park and play tag with the whole family!

For more ideas, visit: www.cdc.gov/physicalactivity