

HARVEST OF THE MONTH: GREEN BEANS



NUTRITION FUN FACTS:

- Green beans are a good source of vitamin C and vitamin K.
- Green beans also have lots of fiber. Fiber helps you feel full, keeps your blood sugar levels normal, and helps keep your digestion running smoothly.

Fun snack ideas!

HOW TO EAT GREEN BEANS:

1. Add raw green beans into salads for an extra crunch!
2. Keep washed, cut green beans in the refrigerator for a quick, healthy snack! Dip in hummus or another healthy dip.
3. Try fresh, canned, and frozen green beans--all are delicious and nutritious!

Pick the yummiest!

THINGS TO LOOK FOR:

1. Choose green beans with a bright green color. Make sure the beans are plump and firm with no damage or rotting.
2. Place green beans in a plastic bag with small holes in the refrigerator.
3. Wash green beans and snap off both ends before cooking or eating.

BEST TIME TO EAT:

JUNE -
SEPTEMBER



UNC Center for Health Promotion and Disease Prevention

