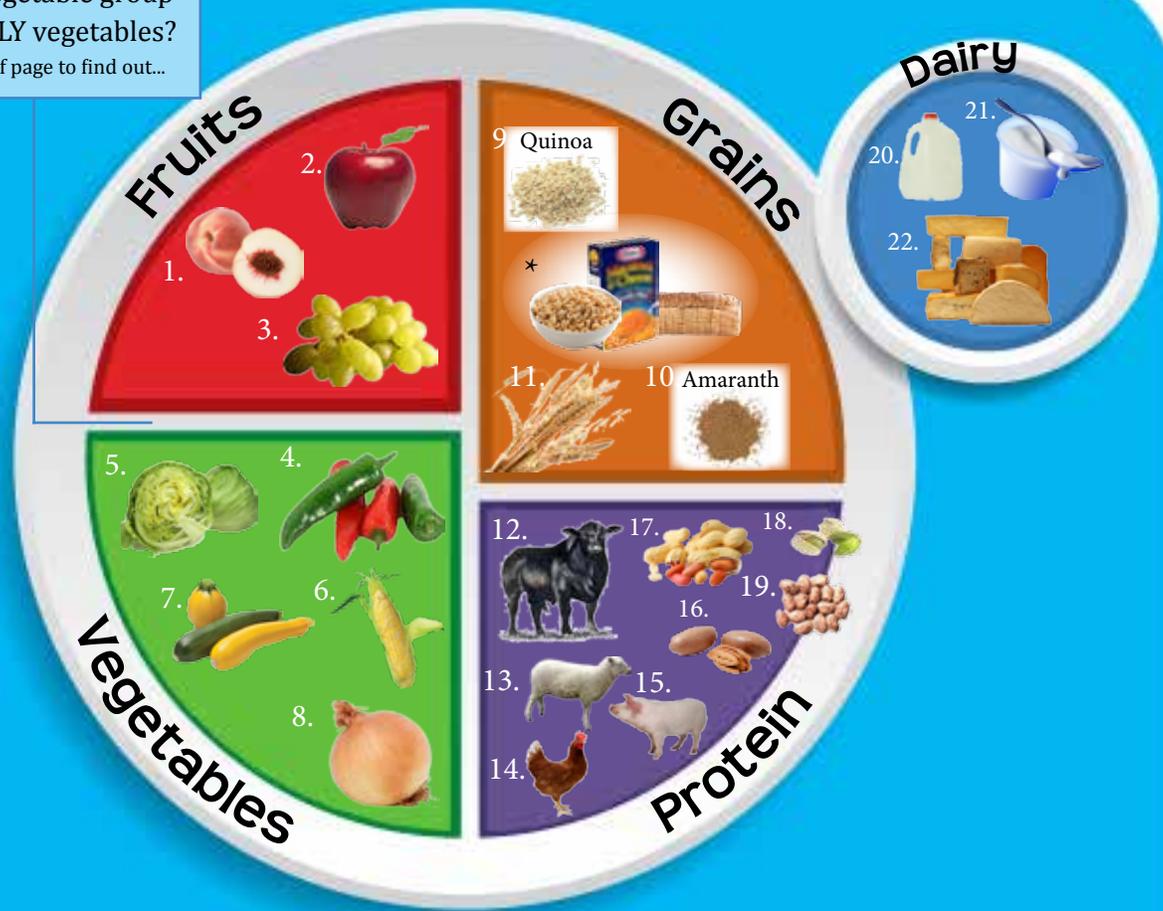


Quiz: Are all the foods in the vegetable group ACTUALLY vegetables?
See back of page to find out...



My New Mexico Grown Plate

FRUITS

1. Many stone fruit grow in New Mexico including **peaches**, plums apricots and cherries!
2. **Apples** contain no fat, sodium or cholesterol and are a good source of fiber.
3. Many types of **grapes** are grown in New Mexico especially veritus grapes, which are used to make wine.
4. New Mexico' has two official state vegetables, one is the **chile pepper**. But it's not really a vegetable according to horticulturists who classify it as a "fruit" and botanists who classify it as a "berry."

VEGETABLES

5. Both Romaine and Iceberg **Lettuce** are great choices when it comes to calories - both have less than 10 calories per cup of fresh leaves. They're also well-suited for

both low-fat and low-carb diets. Romaine lettuce has darker green leaves -- the deeper the color the better the nutrition. Romaine lettuce has more folate, vitamin K and lutein (an antioxidant related to vitamin A).

6. In addition to field corn grown to feed cattle, **sweet corn** is also grown and harvested in New Mexico for human consumption.
7. Calabacitas (the Spanish word for "small **squash**") is a traditional late summer/early fall dish in New Mexico, because it's best made with local, fresh ingredients including roasted green chile, summer squash, and corn.
8. New Mexico State University has developed numerous onion varieties known as NuMex Onions. **Onions** are high in vitamin C and are a good source of fiber and other key nutrients. Onions are fat free and low in calories, yet add abundant flavor to a wide variety of foods.

GRAINS

9. **Quinoa**, pronounced keen-wah, is a small round seed that cooks quickly.
10. **Amaranth** is a tiny seed, which has a slight peppery flavor.
11. In addition to wheat grown to feed cattle, **wheat** is also grown and harvested in New Mexico for human consumption. * Various kinds of wheat are milled and used to make breakfast cereals, bread and macaroni.

PROTEIN

12. **Beef** is one of New Mexico's top commodities. Beef cattle are raised in 32 of the 33 counties. Beef is an excellent source of protein, iron, vitamins B3, B6 and B12 and is the #1 source of zinc in the human diet in the United States.
13. On average, a 3.5-ounce serving of lean **lamb**, has only 175 calories and meets the FDA definition for lean. According to FDA guidelines, lean meat has less than 10 grams of fat, less than 4.5 grams of saturated fat, and less than 95 milligrams of cholesterol per 100 grams or 3.5 ounces.
14. **Chicken** consists of high-quality protein (that is, protein that contains the eight essential amino acids) and a relatively low amount of fat. In addition, fat in chicken is mostly of the unsaturated type, which protects against heart disease.
15. One famous New Mexican food dish is carne adovada, which is **pork** stewed in a sauce of ground dried chiles. Lean cuts of pork are high in protein, low in fat and have more B-vitamins (thiamin, niacin, B6 and B12) than many other types of meat. These vitamins play a role in a variety of body functions, including metabolism and energy production.
16. New Mexico consistently ranks in the top 3 **pecan** producing states along with Georgia and Texas. Of all the nuts, pecans contain the highest levels of antioxi-

dants.

17. Valencia **peanuts** usually have three to five small kernels to a pod. They are very sweet peanuts and are usually roasted and sold in the shell. They are grown mainly in New Mexico. Peanuts are good sources of vitamin E, niacin, folate, protein and manganese.
18. **Pistachios** are all-natural, cholesterol free, high in fiber, low in saturated fats, contain no trans fats and are gluten-free. One ounce of shelled pistachios contains 10% of an adult's needed daily intake of protein. There is more potassium and iron by weight in pistachios than in any other nut, fruit, or vegetable.
19. New Mexico's second official state vegetable is the **Pinto bean** or "frijoles". They are a good source of energy and the B vitamins- thiamin, riboflavin and niacin-which are necessary for growth and tissue building. Minerals found in pinto beans include calcium, phosphorus, potassium and iron, all essential to good health.

DAIRY

20. **Milk** is one of New Mexico's top commodities, and New Mexico currently ranks 9th in the nation for milk production. Milk provides your body with calcium, which is needed for healthy bones and teeth. Calcium also helps our muscles and nerves work properly, and helps blood to clot. It also provides carbohydrates, protein and Vitamin D.
21. **Yogurt** is a rich source of calcium and protein. Those with lactose intolerance may find it easier to eat yogurt because of the active, live bacterial cultures (also known as probiotics) help lactose digestion.
22. New Mexico ranks 5th in the nation for **cheese** production and houses the largest cheese plant in North America. Cheese is the # 2 source of dietary calcium for Americans and also provides high-quality proteins needed to help stay healthy.

Fun Nutritional Facts

• Fruit vs. Vegetable:

- **Fruit**- the edible part of a plant that contains the seed producing ovaries
- **Vegetable**- the edible portion of a plant, which could be leaves (like lettuce or spinach), roots (like potatoes or radishes), seeds (like sunflower or pumpkin seeds), or the part of the plant that contains the seed producing ovaries of the plant.



Q. Does chile belong in the fruit or vegetable group?

A. Both- even though chile is technically a fruit, it has been declared one of the official state vegetables. Still confused? Check out <http://oklahoma4h.okstate.edu/aitc/lessons/upper/fruitveg.pdf>

• Beans and Peas- Why are they in the protein group and not vegetable?

- Although beans and peas are vegetables, United States Department of Agriculture (USDA) classifies them as proteins because of their high nutrient content of protein. For more info, visit <http://www.choosemyplate.gov/food-groups/vegetables-beans-peas.html>