



"Chestnuts roasting on an open fire" — it is a classic song most people have heard, but have you ever tried this delicious nut? It's best from mid-September to November, not December. So try it now while it's fresh!

Chestnuts — A deserving but under-discovered nut!

Why try chestnuts? They are a powerhouse of good nutrition! Here are a few key facts:

- **Low in calories:** There are 85 calories per 1/2 cup boiled chestnuts, and 159 calories per 1/2 cup roasted nuts. Both are a good choice, but when choosing roasted, eat a little less. For comparison, 1/2 cup of almonds has 411 calories.
- **Contain high amounts of healthy complex carbohydrates and fiber:** Choosing the right carbs helps with sustained energy. With 3.5 grams of [fiber](#) per 1/2 cup roasted chestnuts, you'll be helping your heart and gut!
- **Low in fat:** There are 1.5 grams of fat per 1/2 cup roasted chestnuts vs. 35 grams per 1/2 cup roasted peanuts.
- **Excellent source of Vitamin C:** There are 26 milligrams (mg) Vit C per 1/2 cup raw chestnuts (29% RDA). For comparison, there is only 0.75 mg Vit C per 1/2 cup [walnuts](#) (although they provide other benefits) and none in almonds. Vitamin C is an important antioxidant that protects your immune system and reduces the risk of many diseases.
- **Rich in copper:** There are 0.32 grams of copper in 1/2 cup raw chestnuts (36% RDA). Copper helps strengthen your bones and supports your immune system.
- **Don't contain gluten:** People with [celiac disease](#) can enjoy chestnuts in their diet. Try pastries made with chestnut flour!

How to store chestnuts:

- Fresh, raw chestnuts last for 1-2 months in cool, well-ventilated environments if not piled up.
- To prevent them from drying out, put chestnuts in plastic bags, and poke a few holes before placing in the refrigerator.
- For peeled and roasted chestnuts, wrap them up in aluminum foil air-tight and put them in the freezer.

Parent Power Tips from the SuperKids Nutrition Founder

Exploring new foods and trying new recipes with your kids can expand their taste preferences. Make this sweet and savory dish this month, and make chestnuts an annual fall tradition in your house. They're tasty in salads, stuffing, baked goods, and soups.

Shaved Brussels Sprouts with Raisins and Chestnuts

Ingredients:

- 1/2 cup apple cider
- 1/2 cup [raisins](#)
- 1 1/2 pounds Brussels sprouts, trimmed
- 6 Tbsp. olive oil
- 7-8 oz. peeled chestnuts, 1/2-inch pieces
- 1 1/2 Tbsp. balsamic vinegar



Instructions:

1. Shave the Brussels sprouts with a food processor or thinly slice by hand.
2. Wrap and chill the Brussels sprouts. (Do this one day ahead).
3. Boil the cider and remove from heat.
4. Soak the raisins in the cider for 30 minutes. Cover and chill.
5. Sauté the chestnuts with 2 Tbsp. olive oil for 2 minutes and transfer to a bowl.
6. Sauté the Brussels sprouts in the same skillet about 3 minutes until they wilt.
7. Add 1/2 cup water and a little more olive oil. Sauté until tender but still bright green — about 7 minutes.
8. Stir in chestnuts, cider mixture, and vinegar. Sauté about 2 minutes.
9. Season with salt and pepper. Enjoy!

Visit us at SuperKidsNutrition.com, [Instagram](#), [Pinterest](#), [Facebook](#) and [Twitter](#) for fun, tasty and good-for-you ideas!



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Nutrition & Fitness Tips 2025 November



Kira's Favorite Chestnut Cookies
 "November is the perfect harvest season for chestnuts. Let's make a chestnut sweet treat for Thanksgiving!"
 - Kira

Directions:

- Dry Ingredients:**
- 1 cup chestnuts, roasted and peeled
 - ¼ cup all-purpose flour
 - 6 Tbsp. sugar
 - ½ tsp. baking soda
- Wet Ingredients:**
- 6 Tbsp. butter, melted
 - 1 large egg
 - 1 tsp. vanilla extract
 - 3 oz. dark chocolate chips

1. Preheat oven to 350°F.
2. Grind chestnuts in a food processor.
3. Combine all dry ingredients in a large bowl.
4. Blend all wet ingredients in a separate bowl. Pour this mixture into the dry ingredients and mix well.
5. Scoop out cookie dough and flatten each cookie on the baking sheet.
6. Bake for 10-12 minutes until they turn golden brown.
7. Enjoy when cookies cool down!



Don't Want to Exercise Alone? Join Jessie!

Here are some activities Jessie is going to do with family and friends this month. Check off each one you want to do too!

- ☐ Take a walk after dinner for 20 minutes three times a week. It doesn't have to be a rigorous one – a stroll around your neighborhood is perfectly fine.
- ☐ Turn TV commercial breaks into exercise time. Get off the couch, stretch your body, and do 10 jumping jacks.
- ☐ Bike with your family or friends for 20 minutes twice a week. Join a bicycle tour to explore the beautiful countryside if possible. (Don't forget your helmet!)
- ☐ Try 2 jump rope games with your friends this week. Jumping improves your muscle strength and heart function.

Andy's Drawing me!

Andy loves **orange foods** because they give him energy and strength. Did you know 79% of Americans don't eat enough orange foods? Write down or draw your favorite orange fruits and vegetables you will eat this week.

Fruits

Vegetables



The Super Crew's Farm Field Trip

This November, the Super Crew is going on a farm visit to explore how certain foods are grown. Do you know where the following fall fruits and vegetables grow? If you need help, look up the answers online with an adult.

On the trees and plants

Bananas

Cranberries

Carrots

Apples

On the ground

Beets

Mangos

Under the ground

Bean sprouts

Turnips

Cabbage

Kale

In the water

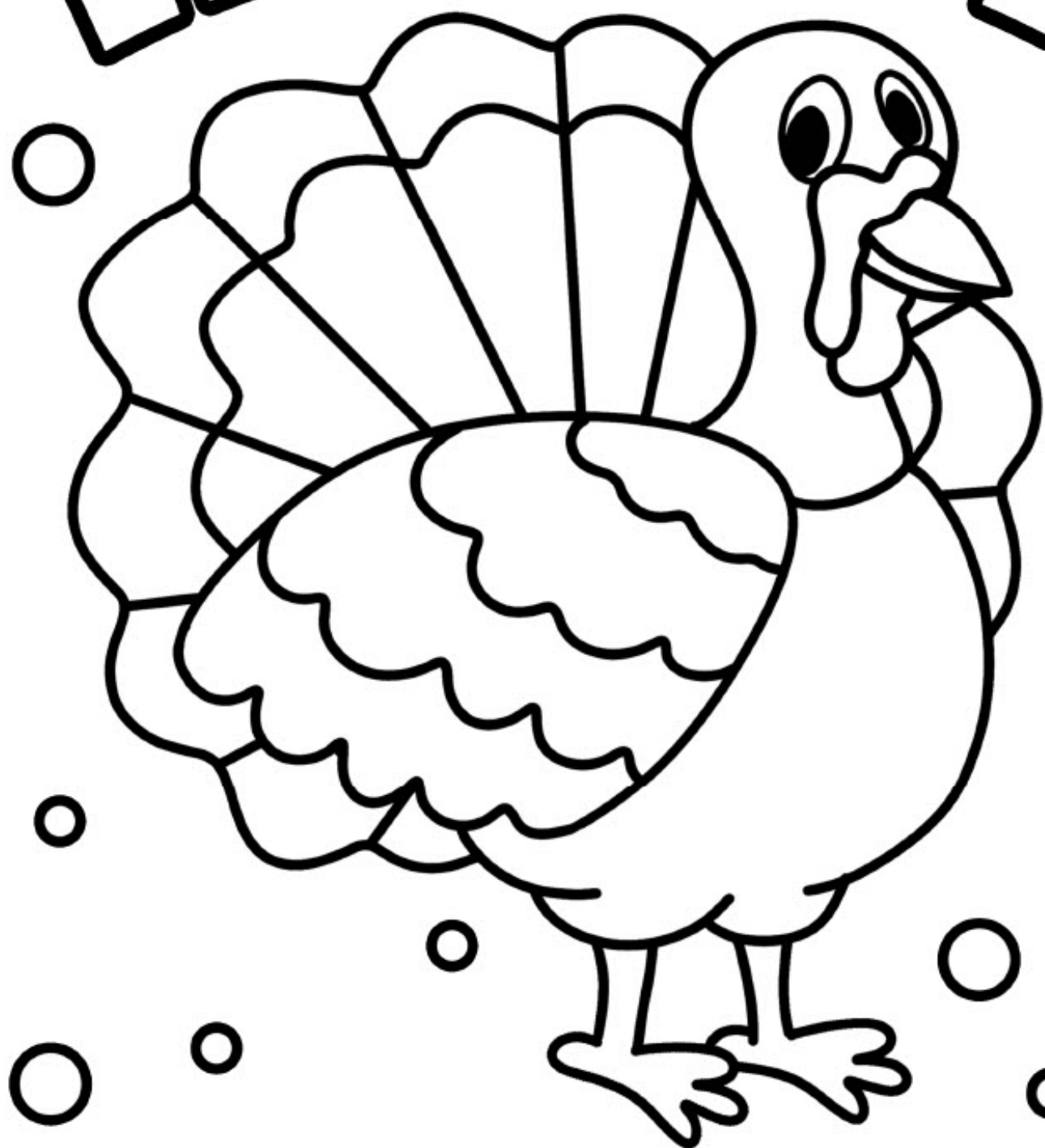
Pears

Onions

Answer Key:

On the trees and plants: apples, pears, bananas, mangos; on the ground: cabbage, kale; under the ground: carrots, beets, turnips, onions; in the water: bean sprouts, onions, cranberries.

HAPPY



THANKSGIVING

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured fruit is
persimmons



Health and Learning Success Go Hand-in-Hand

Students who get regular physical activity often perform better in the classroom. Children need at least 60 minutes of physical activity every day. Encourage your child to be active and help them eat a colorful variety of fruits and vegetables.

Produce Tips

- Look for bright orange and red-colored persimmons with smooth skins and leaves still attached.
- Ripe Fuyus are firm and stay fresh for up to three weeks at room temperature. For longer storage, keep refrigerated.
- Ripe Hachiyas are soft and may be slightly wrinkled or have a few brown spots. Store at room temperature and use within a few days.
- To ripen firm Hachiyas, place in paper bag with an apple or banana.

Helpful Hint: Hachiyas are mostly used in baking and can be eaten by scooping the flesh out with a spoon.

For more tips, visit:

www.fruitsandveggiesmatter.gov/month/persimmons.html

Healthy Serving Ideas

- Offer whole or quartered Fuyu persimmons to your child as an after-school snack.
- Toss sliced Fuyu persimmons into salads or add to stir-fries.
- Add Hachiya persimmons to recipes like muffins, pies, and puddings.
- Replace the tomatoes in your favorite salsa recipe with chopped Fuyu persimmons for a sweet salsa snack.

PERSIMMON & SPINACH SALAD

Makes 6 servings. $\frac{1}{2}$ cup per serving.

Prep time: 30 minutes

Ingredients:

- 1½ tablespoons olive oil
- 3 tablespoons 100% orange juice
- 2 tablespoons rice vinegar
- ½ teaspoon salt
- 3 cups spinach, washed
- 3 medium Fuyu persimmons, sliced
- ¼ cup dried cranberries

1. In small bowl, combine oil, orange juice, rice vinegar, and salt for dressing. Chill in refrigerator.
2. In large bowl, combine spinach, persimmons, and cranberries.
3. Toss salad with dressing and serve.

Variation: Top with sliced, grilled chicken breasts.

Nutrition information per serving:

Calories 112, Carbohydrate 21 g, Dietary Fiber 4 g, Protein 1 g, Total Fat 4 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 210 mg

Adapted from: www.lapublichealth.org/nutrition

Let's Get Physical!

- **In the morning:** Go for a brisk 10 minute walk with your child to warm up your bodies and minds.
- **After school:** Set aside 20 minutes for your child to play outside or be active indoors before starting homework. It may help your student to focus better.
- **In the evening:** Unwind by doing stretches with your child.
- **On the weekend:** Walk around at a farmers' market and see how many different produce items you and your child can find.

For more ideas, visit:

www.cachampionsforchange.net

Nutrition Facts

Serving Size: $\frac{1}{2}$ medium persimmon (84g)	
Calories 59	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 11g	
Protein 0g	
Vitamin A 27%	Calcium 1%
Vitamin C 11%	Iron 1%

How Much Do I Need?

- Half of a medium persimmon is about a $\frac{1}{2}$ cup of fruit.
- A $\frac{1}{2}$ cup of persimmon is an excellent source of vitamin A and a good source of vitamin C and fiber.
- Persimmons also have many antioxidants like beta-carotene, which becomes vitamin A in the body. Vitamin A helps maintain good vision, fight infection, and keep skin healthy.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Encourage your family to eat a variety of colorful fruits and vegetables every day – fresh, frozen, canned, and dried! It will help them reach their recommended daily amount.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.



For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2010.

