



LEAFY GREENS: DID YOU KNOW?

- Dark greens are a good source of nutrients including iron, calcium, vitamins A, K and C, fiber, potassium and folate.
- The most common leafy greens are spinach, escarole, collards, kale, turnip greens, arugula, mustard greens, watercress, beet greens and dark green leafy lettuces.
- Keep your greens safe! Wash your hands and clean fresh greens under running water just before eating.
- Greens are typically thought of in salads, but they can also be steamed, roasted, grilled or baked! Look for leafy greens on the salad bar, wild greens and entrée stations!
- Spinach was first cultivated over 2,000 years ago, and became popular in America in the early 1800s.
- Mustard greens lend a peppery flavor to food and originated in India more than 5,000 years ago.
- Leafy greens are a great way to fill up your plate with fewer than 20 calories per cup!