

Things I like to eat: Leafy Greens

I eat variety of leafy greens every day. I have them in salads, smoothies, soups, wraps, and my daily egg sandwich. Pretty much every meal. I must have at least 4 cups in my salad alone. I mix it up with both spring mix and baby spinach. I sometimes use romaine, but very rarely use iceberg even though I like the texture and taste. They are pretty inexpensive. I typically spend around \$5 for a large tub of my favorite baby spinach, which is affordable when it comes to healthy foods. *One cup of leafy greens equals a serving of vegetables. BTW: **Iceberg lettuce** contains folate and vitamin A, but is otherwise known for being the least nutrient-dense salad green.*

Leafy greens are great if you are dieting because they make you full while being low in calories. More importantly they are so nutritious. They contain **high levels of fiber, iron, magnesium, potassium and calcium**. Furthermore, greens have very little carbohydrates, sodium and cholesterol. The dark greens supply a significant amount of folate, a B vitamin that promotes heart health and helps prevent certain birth defects. Eating a diet rich in leafy greens can offer numerous health benefits including **reduced risk of obesity, heart disease, high blood pressure and mental decline according to healthiness.com.**

How many servings of vegetables a day? The US Department of Agriculture's MyPlate program recommends making half your plate fruits and vegetables. The American Heart Association (AHA) recommends **four to five servings** each of fruits and vegetables daily.



WebMed based on a study suggests that eating fresh vegetables with a little fat, such as oil-based salad dressings or cheese, helps the body absorb valuable nutrients found in vegetables, such as lycopene and beta-carotene, which have been shown to help prevent heart disease and cancer. WebMed

