Leafy greens are nutrient-rich vegetables, packed with vitamins A, C, E, and K. Eating just 2-3 cups of raw, leafy vegetables a day can help fight infections, keep gums healthy, and may reduce the risk of chronic illnesses. Also, leafy greens can help add variety to your meals. They are available in many forms, such as fresh, frozen, or canned; and you can eat them raw or cooked. When planning your meals, consider these five ways to add more leafy greens to your diet.

1. Use romaine lettuce, spinach, or arugula in a salad.
2. Add chop kale or boc choy to a stir-fry.
3. Roll watercress or romaine lettuce into a wrap.
4. Add chard or cabbage to a hearty soup.
5. Steam or saute turnip leaves or collard greens, and serve as a side.