Dark Green Vegetables

Health Benefits
- Blood Pressure Control
- Bone Growth and Development
- Cancer Risk Reduction
- Heart Disease Risk Reduction
- Improves Digestion
- Weight Management

Nutrients
- B Vitamins
- Calcium
- Fiber
- Iron
- Magnesium
- Potassium
- Vitamin A
- Vitamin C
- Vitamin E
- Vitamin K

Food Sources
- Romaine Lettuce
- Swiss Chard
- Kale
- Broccoli
- Turnip Greens
- Spinach
- Mustard Greens
- Collard Greens

This project was funded using U.S. Department of Agriculture grant funds. The USDA is an equal opportunity provider, employer, and lender.

The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA employer.

For more information and the nondiscrimination statement in other languages: https://www.fns.usda.gov/cr/fns-nondiscrimination-statement

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

Suggested Reference Citation:

The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The university cannot, therefore, grant permission to use these images. Please contact helpdesk@theicn.org for more information. © 2023, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences

02/28/2023