



5 WAYS

TO EAT MORE LEAFY GREEN VEGETABLES

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.



Use romaine lettuce, spinach, or arugula in a salad.



Add chop kale or bok choy to a stir-fry.



Roll watercress or romaine lettuce into a wrap.



Add chard or cabbage to a hearty soup.



Steam or saute turnip leaves or collard greens, and serve as a side.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at the University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

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

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

© 2020, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences

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. 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.

For more information, please contact helpdesk@theicn.org.

02/18/2020