

Health Benefits of Leafy Greens

	<u>Benefits:</u>	<u>Popular to Use in:</u>
Arugula	rich in vitamins	use in salad or sauteed
Butter, Boston, Bibb Lettuce	Vitamin K, vitamin A some iron	
Collard	calcium, fiber, folate, antioxidant carotenoids, beta carotene and lutein	salads
Iceberg	some potassium, vitamin C and folate	sauté
Kale	vitamins C and K, lutein, zeaxanthin, glucosinolates	salads
Green or Red Romaine	vitamin A and K, vitamin C, anthocyanin beta carotene	salads, soup, pasta
Spinach	vitamin K, potassium, folate	salads, soup, pasta
Swiss Chard	cooked iron, calcium cooked vitamin K, vitamin A and C antioxidant carotenoids, flavonoids	toss in egg dishes, soups, sauté

For More Information See:

<https://www.consumerreports.org/nutrition-healthy-eating/health-benefits-of-leafy-greens/>

The Safest Ways to Eat Salad

Protect yourself against foodborne illness with these tips

- Keep packaged lettuce cold and eat it soon.
- Consider buying hydroponic or greenhouse-grown greens
- Soak your greens in vinegar
- Cook your greens until wilted
- Stay informed. The [Food and Drug Administration](#) and the [Department of Agriculture](#) [@FDAfood](#) and [@USDAFoodSafety](#).
On both agency websites, you can also sign up for email alerts.

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