



HOORAY FOR VITAMIN K

spinach

Spinach is high in vitamin K, which is essential for the functioning of several proteins involved in blood clotting. It is also important for maintaining healthy bones.

DID YOU KNOW?



- Spinach belongs to the goosefoot family along with beets and Swiss chard.
- Spinach is high in vitamins A, C, K and folate, low in calories, fat-free and a good source of fiber.
- You can find spinach fresh, frozen or canned.
- Spinach grows quickly. It can be harvested and eaten after only 37 to 45 days!

WELLNESS TIP

Put it on paper. Record what you did during each exercise session, how long you exercised and how you felt afterward. Seeing the benefits of regular exercise on paper may help you stay motivated.

SHOPPING, PREPARING AND STORING



- Look for spinach with dark green, crisp leaves. Avoid spinach with wilted, yellow or browned leaves.
- Store spinach in a plastic airtight container in the refrigerator and aim to use it within three days.

COOKING TIPS



- Spinach is great raw or cooked. Use in place of iceberg lettuce for an extra nutrient boost in salads and sandwiches or sauté in olive oil with garlic for a simple and healthy side dish.
- Wash spinach before eating to remove any sand, grit or possible bacteria.

SPINACH, APPLE AND WALNUT SALAD

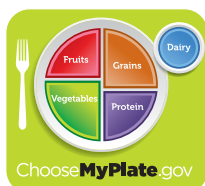
serves 4



- 1 (10-ounce) bag fresh baby spinach
 - 2 apples, cored, cut into cubes
 - 1/4 cup balsamic vinaigrette
 - 1/2 cup crumbled reduced-fat feta cheese
 - 1/2 cup chopped walnuts, toasted
1. Place spinach in a large bowl. Add apples and dressing and toss together well.
 2. Divide between four bowls. Top with cheese and walnuts.

Recipe adapted from What's Cooking? USDA Mixing Bowl, United States Department of Agriculture

Calories: 216; Total Fat: 16 g; Saturated Fat: 3 g; Total Carbohydrates: 16 g; Protein: 7 g; Sodium: 475 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

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