

GREEN MEANS GO!

Green Vegetables

Dark green vegetables are packed with vitamins and minerals to fuel a child's growing body and help them GO!

These nutrients include antioxidants (vitamins C and E), vitamin A, vitamin K, folate, fiber, iron, magnesium, potassium and calcium.

These nutrients help children's bodies in many ways:

- Protection from free radicals that can lead to chronic diseases
- Support of a healthy immune, nervous and digestive system
- Protection of bones, teeth, eyes, heart and blood

Arugula	Basil	Beet greens	Bok choy
Broccoli	Chard	Cilantro	Collard Greens
Endive	Escarole	Kale	Mesclun
Mixed Greens	Mustard greens	Nettles	Romaine
Spinach	Swiss chard	Turnip greens	Watercress

Aside from being nutrition powerhouses, dark green vegetables have other benefits, such as:

1. **Hearty.** Dark green vegetables can be harvested very late into fall, which makes them easy to enjoy fresh almost year round -even in the midwest!
2. **Economical.** Dark green vegetables are typically budget-friendly, and you get the same nutrients when using frozen dark green vegetables as fresh.
3. **Versatile.** Whether you prefer dark green vegetables fresh or frozen, there are numerous recipes you can add them to for a nutrient boost.

Incorporating more dark green vegetables for kids:

- Toss some chopped greens into soup
- Blend up a smoothie with frozen greens, yogurt and fruit
- Change up the lettuce in a salad from iceberg to a mix of half iceberg and half romaine
- Mix in finely chopped basil with spaghetti or pizza sauce
- Turn a sandwich into a wrap with collard greens
- Chop up cilantro and add to salsa or guacamole
- Add pureed spinach to your favorite muffin batter
- Make kale "chips" in the oven

Raw leafy greens (such as kale, romaine, or spinach) will be credited half of the volume served. For example, $\frac{1}{2}$ cup of romaine lettuce = $\frac{1}{4}$ cup of vegetables. However, cooked leafy greens (such as cooked spinach) are credited by volume as served. For example, $\frac{1}{2}$ cup of cooked spinach = $\frac{1}{2}$ cup of vegetables.

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