



Salad Greens



Eating Salad Greens...

- Promotes healthy bones and skin
- Protects eyes from the sun's damaging rays
- Helps control normal blood sugar levels



Serving Tips...

- Try a salad with fruit & nuts on leafy lettuce, baby spinach or a spring mix
- Add chopped spinach to egg, rice or pasta dishes
- Add leafy greens, like kale and spinach, to stir fry, stew and soup recipes