



THE HEAL SEASONAL FOOD GUIDE

HEALUNITED.ORG

SPRING! SPINACH

FOOD SAFETY:

- GERMS FOUND IN THE SOIL, IN THE IRRIGATION WATER, AND IN THE PACKAGING PROCESS CAN CONTAMINATE SPINACH. WHEN POSSIBLE, PURCHASE PRE-WASHED SPINACH
- WHEN PREPARING SPINACH, FOLLOW THESE STEPS TO ENSURE FOOD SAFETY:
 - WASH YOUR HANDS FOR 20 SECONDS.
 - DISCARD TORN OR BRUISED LEAVES.
 - RINSE THE GREENS UNDER RUNNING WATER, GENTLY RUBBING SURFACE.
 - DRY LEAVES WITH A CLEAN PAPER TOWEL.

DISEASE FIGHTING POWERS:

- SPINACH HELPS TO STRENGTHEN YOUR IMMUNE SYSTEM.
- THE FOLATE AND IRON IN SPINACH PREVENT ANEMIA (ALSO KNOWN AS IRON DEFICIENCY).
- THE NUTRIENTS IN SPINACH FIGHT HEART DISEASE, STROKE, AND CANCER.



COOKING AND SNACKING IDEAS:

- SPINACH MAKES A GREAT BASE FOR SALADS. IF YOUR FAMILY ENJOYS GREENS THIS WAY, ADD SPINACH TO OTHER SALAD MIXES FOR VARIETY.
 - SPINACH HAS A MILD FLAVOR THAT CAN BE EASILY MASKED BY OTHER FLAVORS. ADD SPINACH TO YOUR FAVORITE SOUPS!
 - SPINACH CAN ALSO BE PUREED AND ADDED TO SAUCES AND SMOOTHIES.

NUTRITION FACTS:

- 2 CUPS OF SPINACH HAS:
 - 207% DAILY VALUE OF VITAMIN A
 - 247% DAILY VALUE OF VITAMIN K
 - 23% DAILY VALUE OF FOLATE
- THE MINERALS FOUND IN SPINACH ARE MAGNESIUM, POTASSIUM, AND IRON.
- THE SERVING SIZE OF SPINACH IS 2 CUPS.
- 2 CUPS OF SPINACH HAVE 13 CALORIES AND 1 GRAMS OF FIBER.

BODY BENEFITS:

- THE VITAMIN A & C IN SPINACH KEEPS YOUR EYES AND IMMUNE SYSTEM WORKING AT THE HIGHEST LEVEL!
- THE MAGNESIUM AND POTASSIUM IN SPINACH PROTECT YOUR BODY.
- SPINACH HELPS YOUR MUSCLES DEVELOP.
- SPINACH HELPS YOUR:
 - BRAIN
 - BLOOD
 - EYES



SPINACH

SERVING SIZE

Two cups of raw washed spinach or 1 cup of cooked spinach accounts for one serving of vegetables.

FUN USE

Blend one cup of spinach with a handful of frozen berries, one ripe banana, a half cup of yogurt, and low-fat milk for a nutrient-filled smoothie.

TIP: ADD PAPER TOWELS TO YOUR SPINACH CONTAINER TO ABSORB MOISTURE AND INCREASE SHELF LIFE.

HOW TO STORE

Refrigerated spinach leaves will stay fresh for up to a week or even 10 days.

HOW TO CHOOSE

Look for spinach with vivid green color and no yellow on the stems. Stay away from spinach that looks droopy, slimy, or bruised.

BODY BENEFITS

Vitamin A in spinach supports healthy eyes.

Spinach can promote brain and nerve function.

Spinach supports healthy blood.

HOW TO GROW

Spinach is a leafy green flowering plant native to central and western Asia. It grows best in the cool weather of spring and fall.



NUTRITION FACTS

Spinach is filled with vitamin A, vitamin K, folate, and iron.

DID YOU KNOW?

In medieval days, artists extracted green pigment from spinach to use as ink or paint.

[CLICK HERE FOR RECIPES!](#)