

# QUICK GUIDE TO DARK LEAFY GREENS



## BEET GREENS

- 39 CALORIES PER 1 CUP SERVING
- 164.2 MG CALCIUM IN 1 CUP
- GOOD SOURCE OF VITAMINS A AND C
- SAUTÉ, EAT IN A SALAD OR COOK
- THE GREENS CONTAIN MORE NUTRIENTS THAN THE ROOT
- DON'T OVERDO/ CONTAIN OXALIC ACID



## DANDELION GREENS

- 25 CALORIES PER 1 CUP SERVING
- 206 MG CALCIUM IN 1 CUP
- GOOD SOURCE OF VITAMINS A, C, E, K, B6, THIAMIN, RIBOFLAVIN, CALCIUM, IRON, POTASSIUM
- USE THE ROOT, FLOWER, AND/OR THE LEAF
- STIR FRY WITH ONIONS AND GARLIC



## ARUGULA

- HAS A PEPPERY TASTE
- USED WITH SALADS
- ADD CHOPPED ARUGULA TO SOUPS
- SOURCE OF POTASSIUM
- 3 CALORIES PER ½ CUP SERVING
- 177 MG CALCIUM IN 1 CUP



## BOK CHOY

- TENDER & MILD TASTING
- USE IN A SALAD OR AS A SIDE DISH
- 9 CALORIES PER 1 CUP SERVING
- 69 MG CALCIUM IN 1 CUP
- CONTAINS VITAMINS C & E, BETA-CAROTENE & SELENIUM



## MUSTARD GREENS

- RED AND GREEN VARIETIES AVAILABLE
- HAS A PEPPERY TASTE
- WHEN YOU COOK IT YOU'LL GET THE SMELL OF MUSTARD
- 15 CALORIES PER 1 CUP SERVING
- 115 MG CALCIUM IN 1 CUP



## COLLARDS (COLLARD GREENS)

- USE AS A WRAP (LIKE A TORTILLA)
- GREAT TO ADD TO A PROTEIN DISH
- POPULAR IN SOUTHERN-STYLE COOKING
- 11 CALORIES PER ½ CUP SERVING
- 232 MG CALCIUM IN 1 CUP
- GOOD SOURCE OF CALCIUM



## SPINACH

- GOOD SOURCE OF IRON + ANTIOXIDANTS
- 7 CALORIES PER SERVING
- SERVING SIZE IS 1 CUP
- 250MG CALCIUM IN 1 CUP
- 987% OF DV FOR VITAMIN K
- DON'T OVERDO IT/ CONTAINS OXALIC ACID



## SWISS CHARD

- TASTE OFTEN COMPARED TO BEETS
- 7 CALORIES PER 1 CUP SERVING
- 18.4 MG CALCIUM IN 1 CUP
- SAUTÉ WITH LEMON
- COMMON IN MEDITERRANEAN COOKING
- DON'T OVERDO/ CONTAINS OXALIC ACID



## WATERCRESS

- HAS A PEPPERY TASTE
- GREAT ADDITION TO A SALAD
- 4 CALORIES PER 1 CUP SERVING
- 120 MG CALCIUM IN 1 CUP
- GREAT SOUP GARNISH



## KALE

- HAS A RUFFLED EDGE
- COMES IN A VARIETY OF COLORS
- 33 CALORIES PER 1 CUP SERVING
- 177 MG CALCIUM IN 1 CUP



## BROCCOLI RABE

- NATURE'S MULTIVITAMINS
- SERVING SIZE IS 1 CUP
- 100 MG CALCIUM IN 1 CUP
- HIGH IN VITAMIN C
- OFFERS A POWERFUL DOSE OF FIBER, VITAMINS AND MINERALS INCLUDING ANTIOXIDANTS



## TURNIP GREENS

- GOOD SOURCE OF VITAMIN A, VITAMIN C, AND VITAMIN K
- MORE TENDER THAN OTHER LEAFY GREENS
- 29 CALORIES PER 1 CUP SERVING
- 104 MG CALCIUM IN 1 CUP
- OFTEN EATEN BOILED