

Nutrition

Niblets



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Going Trick-or-Treating? Food Focus – Dark

Leafy Greens

S

Swords, knives, and similar costume accessories should be short, soft, and flexible.

A

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

F

Fasten reflective tape to costumes and bags to help drivers see you.

E

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

H

Hold a flashlight while trick-or-treating to help you see and others see you.

A

Always test make-up in a small area first. Remove it before bedtime to prevent skin and eye irritation.

L

Look both ways before crossing the street. Use established crosswalks wherever possible.

L

Lower your risk for serious eye injury by not wearing decorative contact lenses.

O

Only walk on sidewalks or on the far edge of the road facing traffic to stay safe.

W

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

E

Eat only factory-wrapped treats. Avoid eating homemade treats unless you know the cook well.

E

Enter homes only if you're with a trusted adult. Otherwise, stay outside.

N

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

www.cdc.gov

Dark green leafy vegetables are good sources of many vitamins (like vitamins A, C, and K and folate) and minerals (such as iron and calcium). They are also great sources of fiber. Research suggests that the nutrients found in dark green vegetables may prevent certain types of cancers and promote heart health. It is recommended that teenage girls eat 3 cups of dark green vegetables per week, or about ½ a cup every day.

Some examples of Dark Leafy Greens are:

Arugula has a peppery taste and is rich in vitamins A, C, and calcium. Arugula can be eaten raw in salads or added to stir-fry, soups, and pasta sauces.

Broccoli has both soft florets and crunchy stalks, and is rich in vitamins A, C, and K, folate, and fiber. Broccoli can be eaten raw, steamed, sautéed, or added to a casserole.

Collard Greens have a mild flavor and are rich in vitamins A, C and K, folate, fiber, and calcium. The best way to prepare them is to boil them briefly and then add to a soup or stir-fry. You can also eat collard greens as a side dish. Just add your favorite seasoning and enjoy!

Dandelion Greens have a bitter, tangy flavor and are rich in vitamin A and calcium. They are best when steamed or eaten raw in salad.

Kale has a slightly bitter, cabbage-like flavor and is rich in vitamins A, C and K. Kale is tasty when added to soups, stir-fries, and sauces.

Mustard Greens have a peppery or spicy flavor and are rich in vitamins A, C, and K, folate, and calcium. They are delicious when eaten raw in salads or in stir-fries and soups.

Romaine Lettuce is a nutrient-rich lettuce that is high in vitamins A, C, and K, and folate. It is best when eaten raw in salads, sandwiches or wraps.

Spinach has a sweet flavor and is rich in vitamins A and K, folate, and iron. Spinach tastes great eaten raw in salads or steamed.

Look out for these items in your cafeteria!!

www.youngwomenshealth.org