



HOORAY FOR VITAMIN K spinach

Spinach is high in vitamins K, A and C. It is also high in iron and folate, low in calories, fat-free and a good source of fiber.

Spinach has a high nutritional value and is rich in antioxidants. Spinach is high in vitamin K, which is essential for the functioning of several proteins involved in blood clotting. It is also important for maintaining healthy bones. Eating more fruits and vegetables like spinach can help reduce the risk of stroke.

Did you know?

- You can find spinach fresh, frozen or canned.
- Spinach belongs to the goosefoot family along with beets and Swiss chard.
- Spinach grows quickly. It can be harvested and eaten after only 37 to 45 days!

Shopping, Preparing and Storing

- Look for spinach with dark green, crisp leaves. Avoid spinach with wilted, yellow or browned leaves.
- Store spinach in a plastic airtight container in the refrigerator and aim to use it within three days.

Cooking Tips

- Spinach is great raw or cooked. Use in place of iceberg lettuce for an extra nutrient boost in salads and sandwiches or sauté in olive oil with garlic for a simple but healthy side dish.
- Wash spinach before eating to remove any sand, grit or possible bacteria.

In Florida, spinach is grown predominantly in Orange and Palm Beach County.

SPINACH AND TURKEY WRAPS

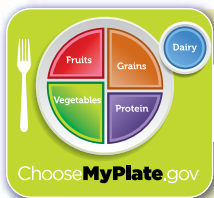
- 6 8-inch whole-wheat tortillas
- 1 8-ounce package low-fat cream cheese
- 6 thick slices of turkey breast (apx. 6-10 ounces)
- 3 small tomatoes, chopped
- 3 cups baby spinach leaves



1. Place tortillas on a microwaveable plate. Microwave uncovered about 10-15 seconds to soften.
2. Spread about 2 tablespoons of cream cheese over each tortilla. Top with a slice of turkey, chopped tomatoes and spinach.
3. Roll up lightly; then wrap in plastic wrap. Refrigerate 2-3 hours to blend flavors. Enjoy!



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FRUITS

Make most of your choices whole or cut fruit instead of juice.

VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

GRAINS

Make at least half of your grains whole grains.

DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.