

# Celebrate St. Patrick's Day and good health...



## EAT YOUR GREENS!



**This March try your best to eat more greens!**

**Green vegetables, like *broccoli, spinach, kale, mustard greens, and collard greens* are rich in Vitamin A, Vitamin C, calcium, and iron!**

Here are a few reasons why these vegetables and the nutrients they give us are so important for good health....

- Vitamin A is important for your skin, bones, and sight. It is also an *anti-oxidant*, which means it helps the body fight against disease.
- Vitamin C is also an *anti-oxidant*, and it also promotes wound healing, resistance to infection, and iron absorption too!
- Iron helps prevent anemia (or a low blood count) and fatigue. Aging, blood loss through the intestines or stomach, chronic illness, and a poor diet can all lead to anemia. For older adults, it's very important to include greens and other sources of iron, like beans, rice, fortified cereals, and chicken, into your daily diet.
- Calcium helps maintain strong bones, which is especially important as you age. A diet low in calcium may increase your risk of osteoporosis, or weakened bones, which can lead to fractures.

**DON'T OVERCOOK YOUR GREENS, JUST STEAM OR SAUTE THEM LIGHTLY**