

Celebrate Salad Month!

For the month of May try to eat salads more often, for example at least three times a week.

Remember a salad doesn't have to be just lettuce and tomato! 😊

- _ Try adding a little low fat cheese or a few nuts.
 - _ Instead of iceberg lettuce, use other greens that have more nutrients.
 - _ Did you know that...
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Cabbage



1 cup raw has only 22 calories but provides 28mg or about one third of a man's and 40% of a woman's daily need of Vitamin C.

- _ Vitamin C is an antioxidant, which means it may help prevent damage to the body and disease.
 - _ It's important for your immune system, blood clotting, and helps your body absorb iron and heal wounds.
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Watercress



1 cup raw has only 4 calories, but it provides more than half of your daily Vitamin A needs, and a little Vitamin C too.

- Vitamin A is important for healthy eyes, it is also an antioxidant.
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Spinach



1 cup raw has only 7 calories but provides more than half your daily requirement of Vitamin A and 15% of your folic acid needs.

- _ Folic acid helps your body to absorb Vitamin B₁₂.
- _ It also may decrease your risk for cardiovascular or heart disease.