Summer Greens

These green leafy veggies are colorful, crunchy, nutritious powerhouses

* Swiss Chard
* Collard Greens
* Spinach
* Kale
* Romaine
* And a few Lettuce varieties

**![MP900382801[1]]()**

**Just a few of the Benefits…**

**Summer greens have a plethora of nutritional benefits including:**

* **Heart-Healthy properties**
* **Anti-oxidant capabilities**
* **![MP900382806[1]]()Cholesterol-lowering potential**
* **Excellent source of fiber**
* **Cancer and cataract-fighting properties**
* **Anti-inflammatory properties**

Created by Brent Haugle, UW-Stout Dietetic Intern, February 2013

**![MP900448454[1]]()**

**Buyer Beware**

* Though normally fantastic for you, leafy greens can have nutrients that can interfere with medications.
* Individuals who take blood thinners, or have kidney problems may want to avoid the leafy greens.
* Depending on the source, leafy greens can have pesticides; so it may be wise to grow your own. Always wash your produce thoroughly and enjoy!!