

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

Eat your greens!

Green vegetables are extremely important to our health. Leafy greens are rich in vitamins A, C, E, and K. These vitamins give us healthy skin, hair, nails, and much more! Vegetables can also provide us much needed hydration in the hot summer months. Summer is a great time to connect with local farmers and try some new vegetables you may have never had before!



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Eat your greens!

While green vegetables have share some nutrition qualities, they each carry their own individual nutrient profile. This is why having variety in your diet is so important!

For example, spinach is rich in iron whereas kohlrabi is a great source of vitamin B6.

Try a new vegetable this week, it could be your new favorite!

Weekly Challenge:

Pick up a vegetable at the store you wouldn't normally purchase!

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Erica McMillan 6-22

Eat your greens!

There are lots are great vegetables in season in the month of June. Here in Wisconsin, you are likely to see an abundance of fresh asparagus and cucumbers. The best way to find out what foods are in season near you is to visit your local farmer's market and see what they have to offer! You can also buy the foods that are in season at the grocery store, these usually cost less.

Weekly Challenge:

Try a new salt-free seasoning on your favorite green veggie!



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Leafy Greens



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Leafy greens are considered super foods that are low in calories but still packed full of vitamins and minerals. They have many health benefits such as lowering the risk of some cancers, heart disease and preventing against osteoporosis. There is many types of leafy greens differing from their taste and texture. Some include spinach, kale, cabbage, romaine lettuce, arugula and many more.

Weekly Challenge:

Try adding leafy greens that you normally don't eat to your meal.

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Gabrielle Lois 6-22

Early Summer Veggies

In the late spring and early summer months, many vegetables are ready for harvest. Many of these include asparagus, broccoli, snap peas, cabbage, lettuce, spinach and many more.



These are great to keep in mind when you are headed to your local grocery store or farmers market because they are in season. When buying in-season produce they provide more flavor and nutrition.

Weekly Challenge:

Make a meal that revolves around in-season veggies.



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How to add Leafy Greens to your diet

Leafy greens can be added to a variety of different meals such as a salad, in a wrap, add to soup, stir-fry or omelet. They can also be steamed or sauteed on their own. There are also ways around the texture and taste for example adding it to smoothies, or making a sauce or pesto out of them are just a few ways to add super foods to your meals for a balanced diet.



Weekly Challenge:

Compare eating a leafy green on its own to it mixed in with your meal.

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Early Summer Veggies

Plant



I get excited for all the amazing dishes I am able to enjoy during summer. Every single dish is fantastic due to seasonal fruit and veggies that bring color to the plate. To start your summer off right try container gardening. This is a nice resource to get you started <https://www.thespruce.com/vegetable-container-gardening-for-beginners-848161>

Weekly Challenge:

Try at least 1 plant in a container.



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Mikayla Lenz 6-22

Farmers Markets

Enjoy!



Farmers markets are always something that I've enjoyed in the summer. I hope you can visit one and maybe try a new food. You could just look to see what there is at the market and have that food be the center of the new recipe. Getting fruits and vegetables from the farmers market was always the highlight of my day and I hope it brightens yours as well.

Weekly Challenge:

Support your local farmers market! Find you near you <http://www.wifarmersmarkets.org/find-a-farmers-market.aspx>



Photo courtesy of Pixabay.com

Cooking with Vegetables

Cook



Vegetables can support heart health and an active lifestyle. Let's gain more energy by increasing the amount of fruit and vegetables we eat. Try to include a vegetable at every meal. A few ideas are add a variety of veggies into a salad or make kabobs on the grill. Last tip is to snack with a vegetable and hummus. Yummy!

Weekly Challenge:

Incorporate a new vegetable into your routine. Vegetables add more flavors and nutrients to a dish.



Photo courtesy of Pixabay.com

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Mikayla Lenz 6-22

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Eating your Greens: **Vitamins**

DID YOU KNOW:

- ◆ Dark green leafy vegetables are a great source of nutrition.
- ◆ Salad greens, kale and spinach are rich in vitamins A, C, E and K, and broccoli, bok choy and mustard greens are also rich in many of the B-vitamins.
- ◆ They have very little calories, sodium and cholesterol.

Weekly Challenge:

Try steaming greens, it's quick and easy.



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Baylie Neider 6-22

Eating your Greens: **Folate**



Asparagus, beets, Brussel sprouts, leafy greens, and broccoli are some veggies high in folic acid or

folate. Folate is necessary for DNA duplication and repair which protects against the development of cancer. Several large studies have shown that high intakes of folate may lower the risk of colon polyps by 30 to 40% compared to low intakes of this vitamin.

Weekly Challenge:

Keep salads interesting by varying their colors with different vegetables.

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Eating your Greens: **Calories**

Did you know 1 cup of fresh spinach has only 7 calories!

In addition dark green leafy vegetables have low carbohydrate contents and a low glycemic index. These features make them an ideal food to facilitate achieving and maintaining a healthy body weight. Try putting a pile of leafy greens under all of your entrees.

Weekly Challenge:

Try to add one leafy green to every meal.

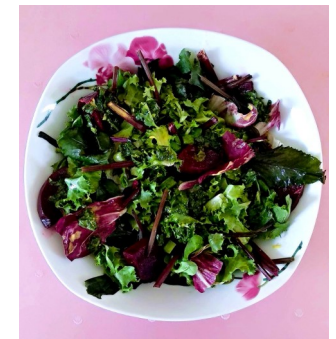


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