

# Harvest of the Month



Network for a Healthy California



Botanical name: *Spinacia oleracea*

## SPINACH

**Circle all meals that have spinach.**

- How many meals did you find?
- How many different ways is spinach served?
- Does your school salad bar have spinach?

# EAT YOUR SPINACH



Nutrition Facts	
Serving Size: 1 cup fresh spinach (30g)	
Calories 6	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	2%
Sugars 0g	
Protein 1g	
Vitamin A 56%	Calcium 3%
Vitamin C 14%	Iron 4%

## Fruits and Vegetables from A to Z

List a fruit or vegetable for each letter of the alphabet.

A _____	N _____
B _____	O _____
C _____	P _____
D _____	Q _____
E _____	R _____
F _____	S _____
G _____	T _____
H _____	U _____
I _____	V <b>FREE SPACE</b>
J _____	W _____
K _____	X <b>FREE SPACE</b>
L _____	Y _____
M _____	Z _____

## Reasons to Eat Spinach

Eating spinach will give you lots of folate, vitamin A, and vitamin K. Vitamin K helps stops cuts and scrapes from bleeding too much and starts the healing process. Cooked spinach is also a good way to get many vitamins and minerals like calcium, iron, potassium, vitamin C, and vitamin B<sub>6</sub>. You can also find spinach canned or frozen – both are nutritious!

## Vitamin K Champions\*:

Asparagus, broccoli, Brussels sprouts, celery, cooked greens, cooked spinach, peas, and cooked soybeans.

\*Vitamin K Champions are an excellent source of vitamin K (at least 20% Daily Value).

## How Much Do I Need?

One cup of fresh spinach is about two cupped handfuls. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. It is important to eat a variety of colorful fruits and vegetables every day to help you get the nutrients your body needs to be healthy and grow strong. Write down ways you can add fruits and vegetables to meals and snacks.

## Recommended Daily Amount of Fruits and Vegetables\*\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Boys</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Girls</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*\*If you are active, eat the higher number of cups per day.

Visit [www.mypyramid.gov/kids](http://www.mypyramid.gov/kids) to learn more.



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