

Harvest of the Month



Network for a Healthy California

Botanical name: *Lactuca sativa*



ROMAINE

SALAD GREENS

**Visit the produce section
of your grocery store.**

- How many different types of lettuce did you find?
- What did the lettuce look like? Was it dark or light green? Curly or flat? Jagged or round edges?
- What is your favorite vegetable? What is your favorite fruit?

EAT SALAD GREENS



Nutrition Facts	
Serving Size: 1 cup green leaf lettuce, shredded (36g)	
Calories 5	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	2%
Sugars 0g	
Protein 0g	
Vitamin A 53%	Calcium 1%
Vitamin C 11%	Iron 2%

Test Your Salad Smarts

(answers below)

- The darker the lettuce, the more _____ it is.
A) heavy B) nutritious C) full of water D) young
- Many salad greens are high in _____.
A) sugar B) sodium C) vitamin A D) all three
- Which state grows the most kinds of salad green varieties for the United States?
A) California B) Arizona C) Texas D) Maryland

Answers: 1. B; 2. C; 3. A

Reasons to Eat Salad Greens:

Eating one cup of salad greens will give you lots of vitamin K. Vitamin K works with calcium to help build strong bones in your body. It also helps stop cuts and scrapes from bleeding too much. Eating salad greens is also a good way to get vitamin A and folate.

Vitamin K Champions*:

Asparagus, avocado, broccoli, celery, cooked greens, peas, salad greens.

*Vitamin K Champions are a good or excellent source of vitamin K (provide at least 10% Daily Value).

Mixed Salad Word Jumble

A variety of colorful fruits and vegetables have been tossed into this jumble. To unscramble their names, pick the word pieces – one from each column (starting with A, then B, then C). (answers below)

A	B	C	ANSWERS
PQ	UM	NI	POTATO
ZUC	A	RINE	_____
TAN	TA	COT	_____
A	TI	LI	_____
CAN	CO	MA	_____
AR	PRI	TQ	_____
JIC	GE	BER	_____
CUC	TA	CHOKE	_____
BROC	CHI	LOUPE	_____

Answers: potato, zucchini, zucchini, tangarine, apricot, cantaloupe, artichoke, jicama, cucumber, broccoli

How Much Do I Need?

One cup of salad greens is about the size of 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. Adding colorful fruits and vegetables to your plate at every meal will help you meet your daily goals. Choose from all of the color groups – red, yellow/orange, green, blue/purple, and white/tan/brown.

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	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 to learn more.



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2011.

