MORE SERIOUS SPINACH FUN!

Fruits and Vegetables from A to Z

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

A	N
В	0
C	P
D	Q
E	R
F	S
G	Т
Н	U
Ι	v <u>free space</u>
J	W
Κ	x <u>free space</u>
L	Υ
M	Z



Total Fat Og Saturated Fat Og O% Trans Fat Og Cholesterol Omg Sodium 24mg Total Carbohydrate 1g Dietary Fiber 1g Sugars Og Protein 1g

Nutrition Facts

Calories 7

Vitamin A 56%

Vitamin C 14%

Serving Size: 1 cup, raw leaves (30g)

Calories from Fat 1

Calcium 3%

Iron 5%

Source: www.nutritiondata.com

Eat the Rainbow!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Spinach is in the green color group.

 Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples include spinach, broccoli, artichoke, asparagus, peas, green cabbage, collard greens, cucumbers, leeks, watercress, kiwis, green apples, green grapes and honeydew melon.

What is a Serving?

A serving of raw spinach is one cup, or about two cupped handfuls. A serving of cooked spinach is about one-half cup.

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