



Nutrition News



Go Green for March

Tasty Green Veggies

These are good for you!

Broccoli is high in calcium and iron. This veggie has been linked to dental health, strong bones and muscles and a decreased risk of cancer.

Spinach is high in antioxidants and vitamin K which helps strengthen bones.

Kiwi is high in folate and vitamin E which help decrease the risk of heart disease and promote optimal overall health.



Easy Ways to Serve Nutritious Greens

Green Power Salad

Make a salad using dark green lettuce, shredded green cabbage, cucumbers, green onions in addition to tomatoes and whatever else you like

Green Power Soup

2 quarts chicken broth
1 bunch green onions, chopped
1 bunch spinach, shredded
1 tablespoon minced garlic
1 tablespoon dried basil
1 can white beans, drained
1 cup dried pasta

Place all ingredients in a large saucepan, bring to a boil, then lower heat to a simmer. Simmer for 20 minutes to allow the flavors to blend.. Serve with a sprinkling of grated Parmesan cheese.

Why Leafy Greens?

Dark green leafy veggies are probably the most concentrated source of nutrition of any food.

They are rich sources of vitamins and minerals and provide a variety of nutrients to keep you healthy.

More Healthy Green Foods for Your Family

- avocados,
- green apples,
- green grapes,
- artichokes,
- arugula,
- asparagus,
- broccoli,
- Brussels sprouts,
- chard,
- Chinese cabbage,
- green beans,
- green cabbage,
- celery,
- cucumbers,
- leafy greens,
- lettuce,
- green onions,
- green peppers,
- peas,
- snow peas,
- zucchini.



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Questions? Ask Your WIC Staff

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