

Spinach

- ✓ Spinach is considered one of the healthiest vegetables on earth!
- ✓ Its **dark green** color means it is rich in many vitamins and nutrients including Vitamin A, C, K and iron
- ✓ Spinach has phytochemicals (pronounced "fight-o-chemicals") which helps fight against disease

Did you Know?

In the supermarket there are three types of spinach:

1. Savoy (curly spinach)
2. Flat or smooth leaf (baby spinach)
3. Semi-savoy (slightly curly leaves)

Nutrition Facts		
Serving Size 1½ cups shredded (86g)		
Amount Per Serving		
Calories 40	Calories from Fat 0	
% Daily Value*		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g	0%	
Cholesterol 0mg	0%	
Sodium 160mg	7%	
Total Carbohydrate 10g	3%	
Dietary Fiber 5g	20%	
Sugars 0g		
Protein 2g		
Vitamin A 70%	Vitamin C 25%	
Calcium 6%	Iron 20%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories 2,000	2,500
Total Fat	Less Than 65g	80g
Saturated Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat	9	Carbohydrate 4 Protein 4



Baby Spinach



Smooth-leaf



Savoy-curly-leaf