NUTRITION AND YOU...SPINACH

FOOD FOR THOUGHT
Spinach is a popular vegetable in the U.S. because it is healthy and it tastes good. While spinach is a good source of iron and calcium, the nutrients are not readily absorbed by the body, so it is best to eat spinach with vitamin C-rich goods such as orange juice, citrus fruits, or tomatoes because these foods “unlock” the nutrients that benefit your health. Whether spinach is eaten raw or cooked, it is a healthy addition to any meal!

SHOP SMART
Fresh spinach is available year round. You can buy spinach fresh, frozen, or canned in most stores. Choose small fresh spinach leaves with bright green color and a crisp, springy texture. Avoid wilted, crushed, bruised spinach leaves, and leaves with yellow spots or insect damage. Fresh spinach should smell sweet, never sour or musty.

KEEP IT SAFE
These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food.
- Do not wash spinach until you plan to eat it.
- Wash spinach well under cool, running water before eating or cooking it- even pre-packaged spinach
- Fresh spinach will keep in the refrigerator for three to four days.

Note: 2 cups raw or 1 cup cooked spinach is equivalent to one cup of your daily vegetable requirement.

EAT HEALTHY
Spinach is:

- Cholesterol free
- Low in fat and calories
- An excellent source of vitamin A
- An excellent source of vitamin C
- A good source of potassium and iron

Your Local Story here:

18 pt Arial Bold Headline
Text in 11 pt. Arial Regular
Spinach and Ground Turkey Patties

Ingredients:
- 1 pound ground turkey (7% fat, 93% lean)
- 2 bunches spinach – washed and torn into pieces
- ½ small, finely chopped onion
- 2 minced garlic cloves
- ½ teaspoon salt
- 3 cups cooked brown rice

Instructions:
1. Preheat frying pan (no oil).
2. Combine all ingredients except brown rice in a large mixing bowl. Mix well.
3. Form mixture into 12 small balls. Place in frying pan and flatten into patties using a spatula.
4. Cook over medium heat on both sides until cooked all the way through.
5. Serve over brown rice.

Nutrition Facts – Spinach and Ground Turkey Patties

Cost: Per Recipe: $ 5.93 Per Serving: $ 0.99
Serving Size: 2 turkey patties (1/6 of recipe)
Calories: 270 Calories from Fat: 80

<table>
<thead>
<tr>
<th>Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>9 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>3.5 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4 g</td>
</tr>
<tr>
<td>Sodium</td>
<td>340mg</td>
</tr>
<tr>
<td>Sugars</td>
<td>1 g</td>
</tr>
<tr>
<td>Protein</td>
<td>21 g</td>
</tr>
</tbody>
</table>

*Percent daily value Based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

FOCUS ON FITNESS

It is important to be active most days of the week and to make it part of your daily routine.

REMEMBER:

Turn mealtime into family time. Enjoy nutritious meals and the company of your family and friends.

REFERENCES

• United States Department of Agriculture, ChooseMyPlate
  choosemyplate.gov/
• Centers for Disease Control and Prevention
  fruitsandveggiesmatter.gov
• Centers for Disease Control and Prevention
  fruitsandveggiesmatter.gov/health_professionals/food_safety.html
• The Wellness Encyclopedia of Food and Nutrition, The University of California at Berkeley, 1992
• United States Department of Agriculture, SNAP-Ed Connection
  recipefinder.nal.usda.gov/

Revised 12-2015.

This material funded by USDA-Food & Nutrition Service's Supplemental Nutrition Assistance Program (SNAP), Ohio Food Assistance Program Grant/Contract ODJFS Grant Agreement G-1213-17-0612, October 1, 2012-June 30, 2013

USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.