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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!

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



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.

Your Local Story here:

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

RECIPE

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

Per Serving	% Daily Value*
Total Fat – 9 g	14%
Saturated Fat – 3.5 g	18%
Dietary Fiber – 4 g	16%
Sodium – 340mg	14%
Sugars – 1 g	
Protein – 21 g	

*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

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