



Greens are Love

**Nutritional benefits of
leafy green vegetables**



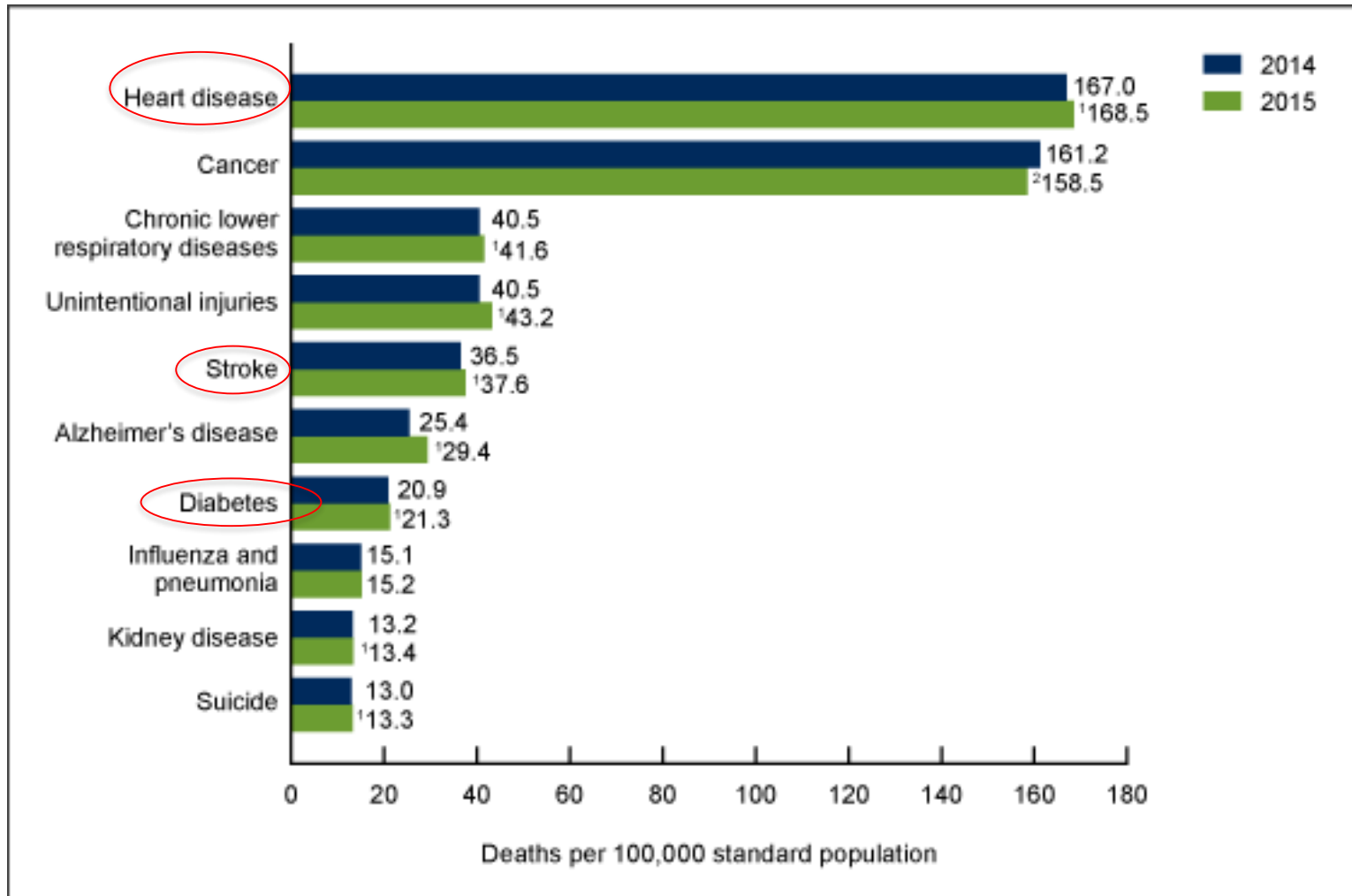
Overview



Why is a healthy diet important?

- Feel great!
- Have energy
- Health/longevity
- Weight management
- Disease prevention
 - Leading causes of disease are nutrition related & preventable!

Top 10 leading causes of death in the US



2014-2015 Data from the
Centers for Disease Control and Prevention

What is food?



Food provides nutrients for energy, growth, & repair

🌿 **Macronutrients**

- 🌿 Carbohydrates
- 🌿 Protein
- 🌿 Fats

🌿 **Micronutrients**

- 🌿 Vitamins
- 🌿 Minerals
- 🌿 Phytonutrients



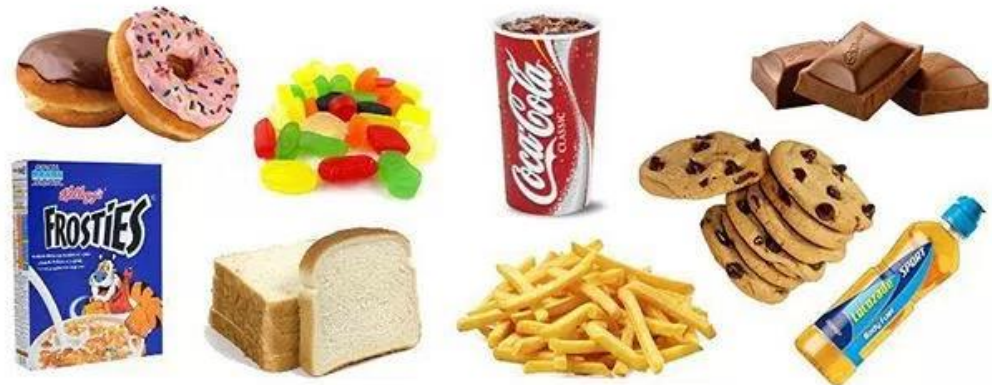
Carbohydrates:

- Primary source of energy
- 40 – 50% of daily total calories should come from carbohydrates
- 1 gram of carbohydrate = 4 calories

✓ COMPLEX CARBS



✗ SIMPLE CARBS



Protein:

- Tissue structure
- Part of enzymes that regulate metabolism
- 1 gram of protein = 4 calories
- 0.8 g/kg per day



Photo Credit: nuts.com

Fats:

- Energy reserve
- Fat soluble vitamin absorption
- Needed to build cell membranes
- 1 gram of fat = 9 calories

THE FACTS ON FAT

The American Heart Association recommends replacing bad (saturated) fats with good (unsaturated) fats as part of a healthy eating pattern.

LOVE IT
UNSATURATED (POLY & MONO)

- ✓ Lowers rates of cardiovascular and all-cause mortality
- ✓ Lowers bad cholesterol & triglyceride levels
- ✓ Provides essential fats your body needs but can't produce itself

LIMIT IT
SATURATED

- ✗ Increases risk of cardiovascular disease
- ✗ Raises bad cholesterol levels

LOSE IT
ARTIFICIAL TRANS FAT, HYDROGENATED OILS & TROPICAL OILS

- ✗ Increases risk of heart disease
- ✗ Raises bad cholesterol levels

EAT SMART ADD COLOR MOVE MORE BE WELL

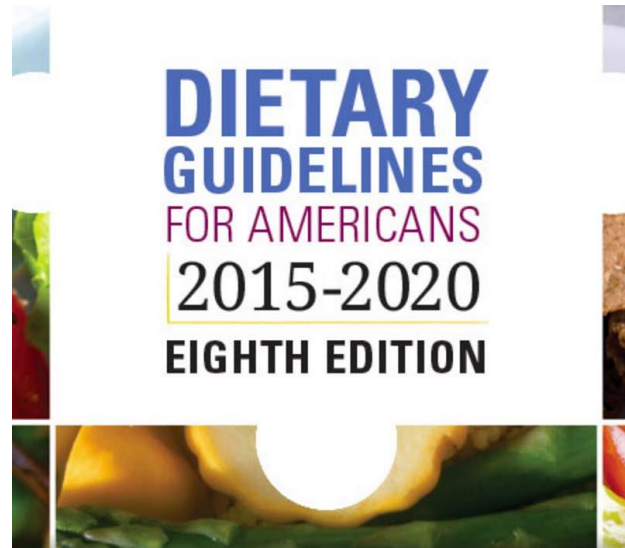
LEARN MORE AT HEART.ORG/EATSMART

Photo Credit: heart.org

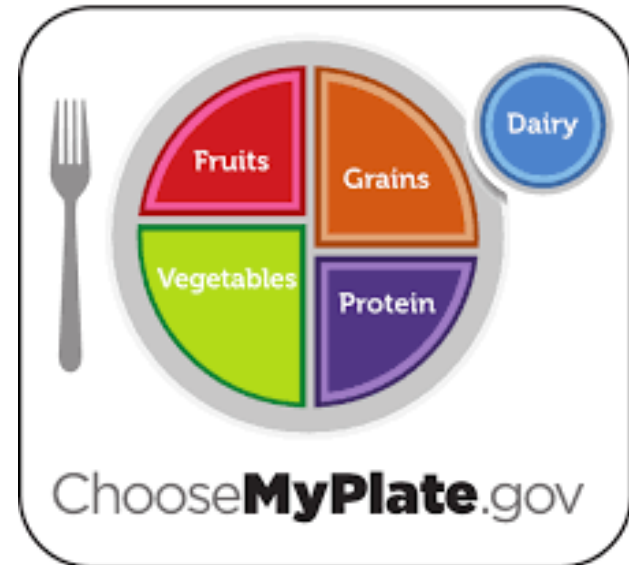
Dietary Guidelines



Dietary Guidelines & MyPlate:



- For Americans 2 years and older
- Evidence-based food and beverage recommendations for a healthier diet.

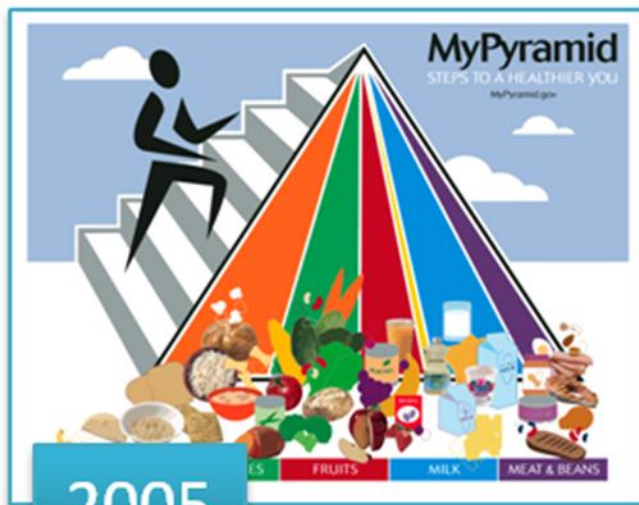


- For individuals
- Apply dietary guideline recommendations to every day eating.

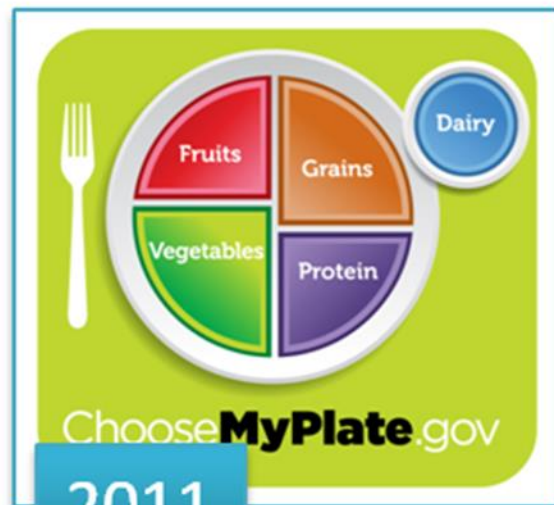




1994



2005



2011

Dietary Guidelines Key Recommendations:

Include:

- Variety of vegetables
- Fruits
- Grains (whole grains)
- Fat-free or low-fat dairy
- Variety of proteins
- Oils

Limit:

- <10% of calories per day from added sugars
- <10% of calories per day from saturated fats
- <2300 mg/day of sodium
- Alcohol in moderation (1 drink/day – women; 2 drinks/day – men)



Old vs.
New Food
Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 Calories from Fat 72

	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
<hr/>	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving

Calories **230**

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
<hr/>	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Daily Recommendations:

Food Group	Daily Amount**
Fruit	2 cups
Vegetable	2 ½ - 3 cups
Grains	5 – 8 ounce equivalents*
Protein	5 – 6 ½ ounce equivalents*
Dairy	3 cups
Oils	5 -7 teaspoons*

Did you know?

Only **1 in 10** adults eat the recommended amount of fruits and vegetables

Half of the U.S. population consume **<1 cup of fruit and <1.5 cups of vegetables daily***



Leafy Greens – Basics



Why leafy greens?

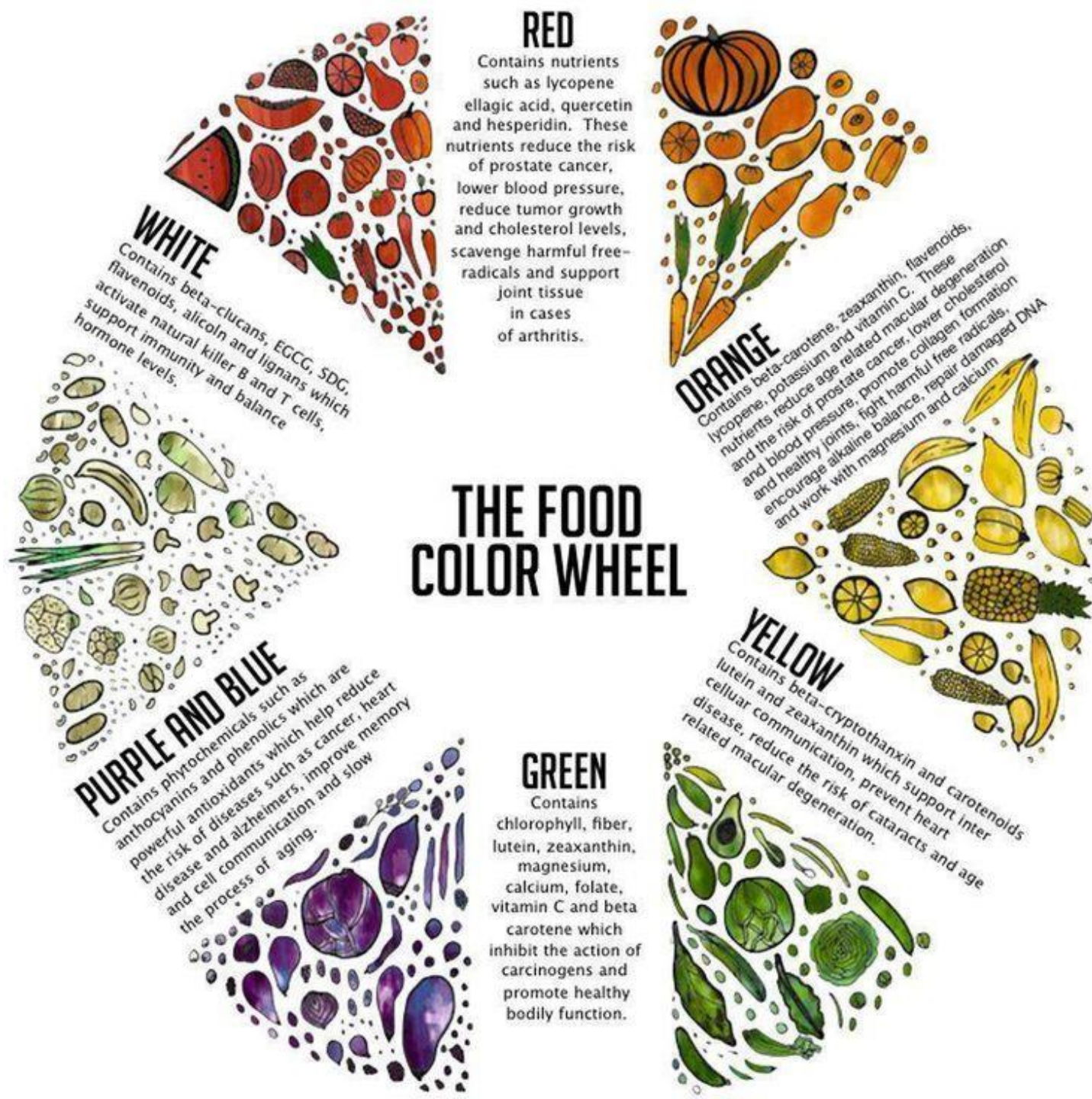
- **Nutrient dense** – rich in essential vitamins & minerals; low in calories
- Example of leafy greens include:
 - Kale, arugula, watercress, mustard greens, pac choi, lettuce, spinach, collard greens, broccoli rabe, etc.



What counts as 1 cup of leafy greens?

Leafy Green	Amount that counts as 1 cup of vegetable	Amount that counts as ½ cup of vegetable
Greens (collards, mustard greens, turnip greens, kale)	1 cup cooked	----
Spinach	1 cup cooked 2 cups raw	1 cup raw
Raw leafy greens: spinach, romaine, watercress, dark green leafy lettuce, endive, escarole	2 cups raw	1 cup raw

Variety is key!!



The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

RED & PINK

beets
cherries
cranberries
pink grapefruit
pomegranates
radicchio
red radishes

raspberries
red apples
red grapes
red peppers

red potatoes
rhubarbs
strawberries
tomatoes
watermelons

BLUE & PURPLE

blackberries
blueberries
eggplants

grapes
plums
prunes
purple figs
purple onions
radicchio
red cabbage
red onions

GREEN

artichokes
asparagus
avocados
bok choy
broccoli
Brussels sprouts
celery
collard greens
cucumbers
green beans
green cabbage
green grapes
green onions
green peppers

kale
kiwis
leeks
limes
mustard greens
okra
pears
peas
romaine lettuce
snow peas
spinach
sugar snap peas
watercress
zucchini

YELLOW & ORANGE

acorn squash
butternut squash
pineapples
pumpkins
summer squash
sweet potatoes
tangerines
yams

papayas
peaches
pineapples
pumpkins
summer squash
sweet potatoes
tangerines
yams

lemons
mangoes
nectarines
oranges
orange peppers

WHITE & BROWN

bananas
brown pears
cauliflower
currants
dates
garlic
Jerusalem artichokes
mushrooms

onions
potatoes
parsnips
raisins
shallots
turnips

EAT MORE COLOR



When you hear "salad," you may think of a boring bowl of lettuce and tomatoes. But salad can be so much more! With a few simple additions, it can be a delicious, healthy and inexpensive meal.

GRAINS

Warm or cold cooked whole grains add bulk and satisfaction. Try whole wheat couscous, barley, quinoa, bulgur or wild rice. To save money, look for whole grains in the bulk aisle of your grocery store. Whole wheat pasta is another inexpensive way to bulk up any basic salad.

FRUITS

Slice up fresh fruit that's in season or on sale - choose a rainbow of colors! Pairing sweet fruits like pear, apple or pomegranate with savory vinaigrettes will bring complexity and flavor to any salad. Dried fruits without added sugars are another super salad ingredient.

PROTEINS

Add more satisfaction to your salad with skinless poultry like grilled chicken breast or fish like salmon and tuna, which provide omega-3 fatty acids. Mix in a chopped hard-boiled egg or a small amount of cheese. Toss in some chickpeas, kidney, navy or black beans. Unsalted nuts, like peanuts, almonds and walnuts, give your salad extra crunch and a dose of healthy fat. All these protein foods will keep you feeling fuller longer.

QUICK TIP
Choose lower-fat, lower-sodium cheeses such as mozzarella or Swiss.

GREENS

Choose dark, leafy greens like romaine, spinach or arugula. Add color with radicchio, red leaf lettuce or red cabbage. If you have fresh herbs, like basil, thyme, oregano or mint, they add zest and extra nutrients to your salad bowl.

DRESSINGS

With oil, vinegar and spices in your pantry, you are minutes away from a simple, healthy homemade vinaigrette dressing. Jazz it up with tasty ingredients like chopped fresh herbs, a squeeze of citrus juice and diced veggies with lots of flavor, like onions, garlic and scallions. Experiment by adding small amounts of those add-ins to this vinaigrette recipe, taste-testing as you go.

VINAIGRETTE RECIPE

Whisk together 1/4 cup olive oil, 1/4 cup balsamic vinegar and 1/4 teaspoon ground mustard. Add a dash or two of black pepper and toss into salad (serves four).



Vitamins & Minerals in Leafy Greens





baby kale

Nutrition Facts

Serving Size about 3 cups (85g)
Serving Per Container about 2

Amount per serving

Calories 40 Calories from Fat 5

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Potassium 420mg **10%**

Total Carbohydrate 7g **2%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 4g

Vitamin A 170% • Vitamin C 170%

Calcium 15% • Iron 6%

Vitamin K 750% • Vitamin B6 10%

Folate 30% • Manganese 30%

*%Daily Values based on
a 2,000 calorie diet

Vitamin A helps with vision & helps maintain healthy teeth, tissues, & skin!

Vitamin K is needed for blood clotting. It helps with weak bones, bruises, & scars.

Vitamin C is a powerful antioxidant. It also helps with wound healing, maintaining bones & teeth, as well as iron absorption.

Iron is needed by hemoglobin which delivers oxygen to the body.

Fiber:

- Soluble and Insoluble
- Lowers “bad” cholesterol
- Controls blood sugar levels
- Normalizes bowel movement, maintains bowel health, and prevents constipation

Nutrition Facts

Serving Size about 3 cups (85g)

Serving Per Container about 2

Amount per serving

Calories 15 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Potassium 240mg **6%**

Total Carbohydrate 2g **1%**

Dietary Fiber 1g **4%**

Sugars less than 1g

Protein 2g

Vitamin A 80% • Vitamin C 40%

Calcium 8% • Iron 6%

Vitamin K 140% • Folate 10%

*%Daily Values based on
a 2,000 calorie diet

Leafy Greens and Health



Plant-based diets are associated with lowered risk of heart failure

- Consumption of 8 servings of fruits & vegetables reduces the risk of a heart attack or stroke by **30%**⁴³
- Individuals who consumed more than 5 servings of cruciferous vegetables had a **22% reduced risk** of all cause-mortality and a **31% reduced risk** of CVD-related mortality”⁴³

“Green leafy vegetables may be one of the best cancer-preventing foods”⁴⁷

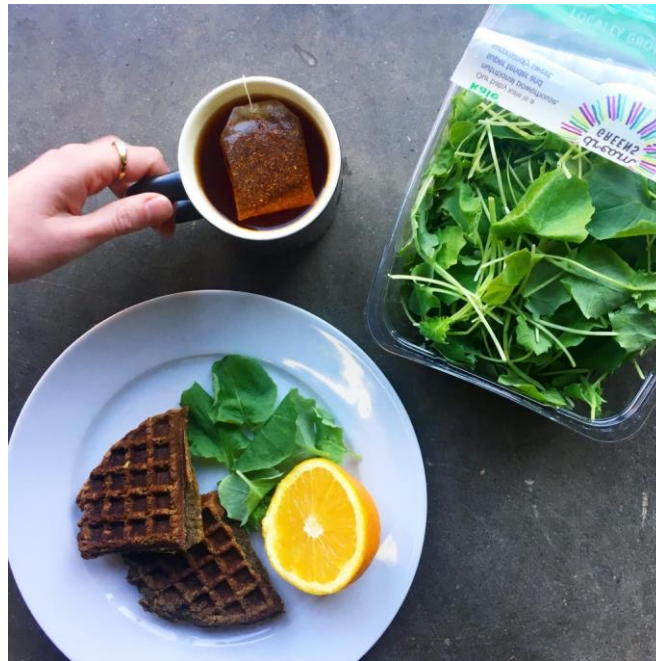
– USDA Agricultural Research Service

- “Non-starchy vegetables—such as lettuce and other leafy greens, broccoli, bok choy, cabbage, as well as garlic, onions, and the like—and fruits “probably” protect against several types of cancers, including those of the mouth, throat, voice box, esophagus, and stomach”⁴⁷

Leafy greens help inhibit the growth of “bad” bacteria

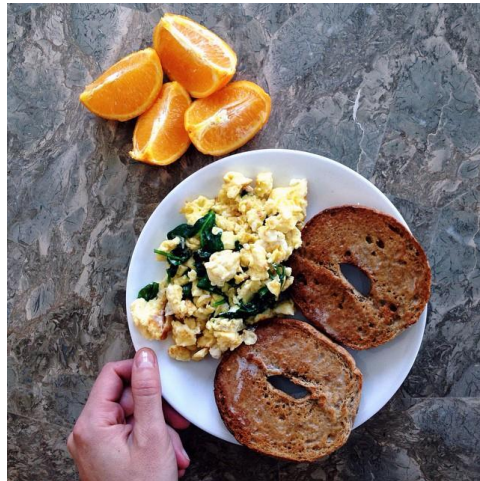
- Sulfoquinovose (SQ) – a sugar found in leafy greens is used by “good” bacteria as a source of energy⁴⁹
 - The more “good” bacteria the gut has, the lesser the chance that “bad” bacteria can colonize the gut.

The Bottom Line: Eat More Greens!



What Does Healthy Eating Look Like?

From caitsplate.com



Breakfast

- Whole wheat bagel
- Scrambled eggs w/ greens
- Orange slices



Lunch

- Salad with a variety of veggies, lean protein & healthy fat
- Fruit



Dinner

- Gnocchi with tomatoes and zucchini with pesto sauce



Snack

- Pita with hummus
- Veggies
- Fruit
- Low Fat Greek yogurt

Recipe to try:



Dream Green Watercress Tzatziki Sauce

Ingredients:

2 cup Dream Greens baby watercress, chopped
12 ounce Greek yogurt
1 clove garlic
juice of 1/2 lemon
black pepper to taste

Directions:

1. Chop watercress and grate garlic with a fine cheese grater.
2. Combine all ingredients. Refrigerate.



**Thank
you!**



Appendix



Obesity

****36.5%** of US adults have **obesity**

Heart Disease

****1 in every 4** deaths in the US is caused by **heart disease**

Diabetes

****30.3 million** people have diabetes

23.1 million diagnosed

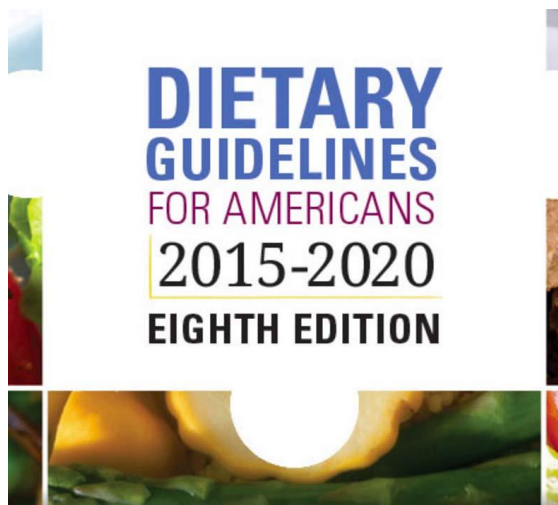
7.2 million undiagnosed

33.9% of U.S. adults aged 18 years or older (84.1 million people) had prediabetes

Nearly half (48.3%) of adults aged 65 years or older had prediabetes

Dietary Guidelines:

- Published by the U.S. Department of Health & Human Services and U.S. Department of Agriculture
- Provides evidenced based food and beverage recommendations to help Americans consume a healthier diet
 - For Americans 2 years and older
 - Updated every 5 years



**DIETARY
GUIDELINES**
FOR AMERICANS
2015-2020
EIGHTH EDITION

Dietary Guidelines Key Recommendations:

🌿 Include:

- 🌿 Variety of vegetables
- 🌿 Fruits
- 🌿 Grains (whole grains)
- 🌿 Fat-free or low-fat dairy
- 🌿 Variety of proteins
- 🌿 Oils

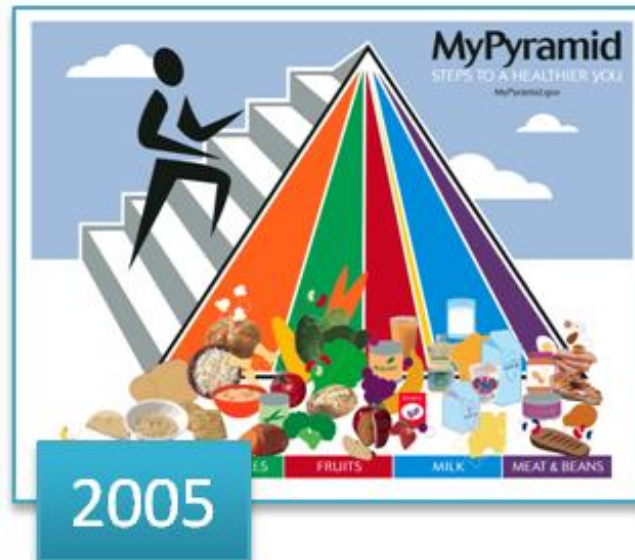
🌿 Limit:

- 🌿 <10% of calories per day from added sugars
- 🌿 <10% of calories per day from saturated fats
- 🌿 <2300 mg/day of sodium
- 🌿 Alcohol in moderation (1 drink/day – women; 2 drinks/day – men)



My Plate:

- 🍃 Latest version of food guide
- 🍃 Dietary guidelines are for everyone while MyPlate is for individuals



1 Day's Worth of Healthy Meals:

From caitsplate.com



Breakfast

Whole wheat bagel

Scrambled eggs w/ greens

Orange slices



Lunch

Salad with a variety of veggies

Triscuits

Grapes



Dinner

Gnocchi with tomatoes and zucchini with pesto sauce



Snack

Pita with hummus

Carrot sticks

Cucumbers

Grapes

Greek yogurt

Daily Recommendations:

Food Group	Daily Amount**
Fruit	2 cups
Vegetable	2 ½ - 3 cups
Grains	5 – 8 ounce equivalents*
Protein	5 – 6 ½ ounce equivalents*
Dairy	3 cups
Oils	5 -7 teaspoons*

Daily Recommendations for Vegetarians/Vegans*:

Food Group	Daily Amount**
Fruit	2 cups
Vegetable	2 ½ cups
Grains	6 ½ ounce equivalents
Protein (eggs, legumes, soy products, nuts and seeds)	3 ½ ounce equivalents
Dairy (soy or plant-based substitutes)	3 cup equivalents
Oils	5 teaspoons

Why leafy greens?

- Vegetables are an important part of a healthy and balanced diet.
- Leafy greens are nutrient dense without the high calories.
 - You get all the vitamins, minerals, and fiber without having to eat a large amount.
- How much leafy greens should I be eating?
 - Recommended amount:
 - 2 ½ - 3 cups of vegetables /day
 - 1 ½ cups of leafy greens per week

Examples of leafy greens:

- Kale
- Arugula
- Watercress
- Spinach
- Collard greens
- Turnip greens
- Swiss chard
- Mustard greens
- Broccoli
- Broccoli rabe
- Leaf and romaine lettuce
- Bok choy



What counts as 1 cup of leafy greens?

Leafy Green	Amount that counts as 1 cup of vegetable	Amount that counts as ½ cup of vegetable
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Spinach	1 cup cooked 2 cups raw	1 cup raw
Raw leafy greens: spinach, romaine, watercress, dark green leafy lettuce, endive, escarole	2 cups raw	1 cup raw

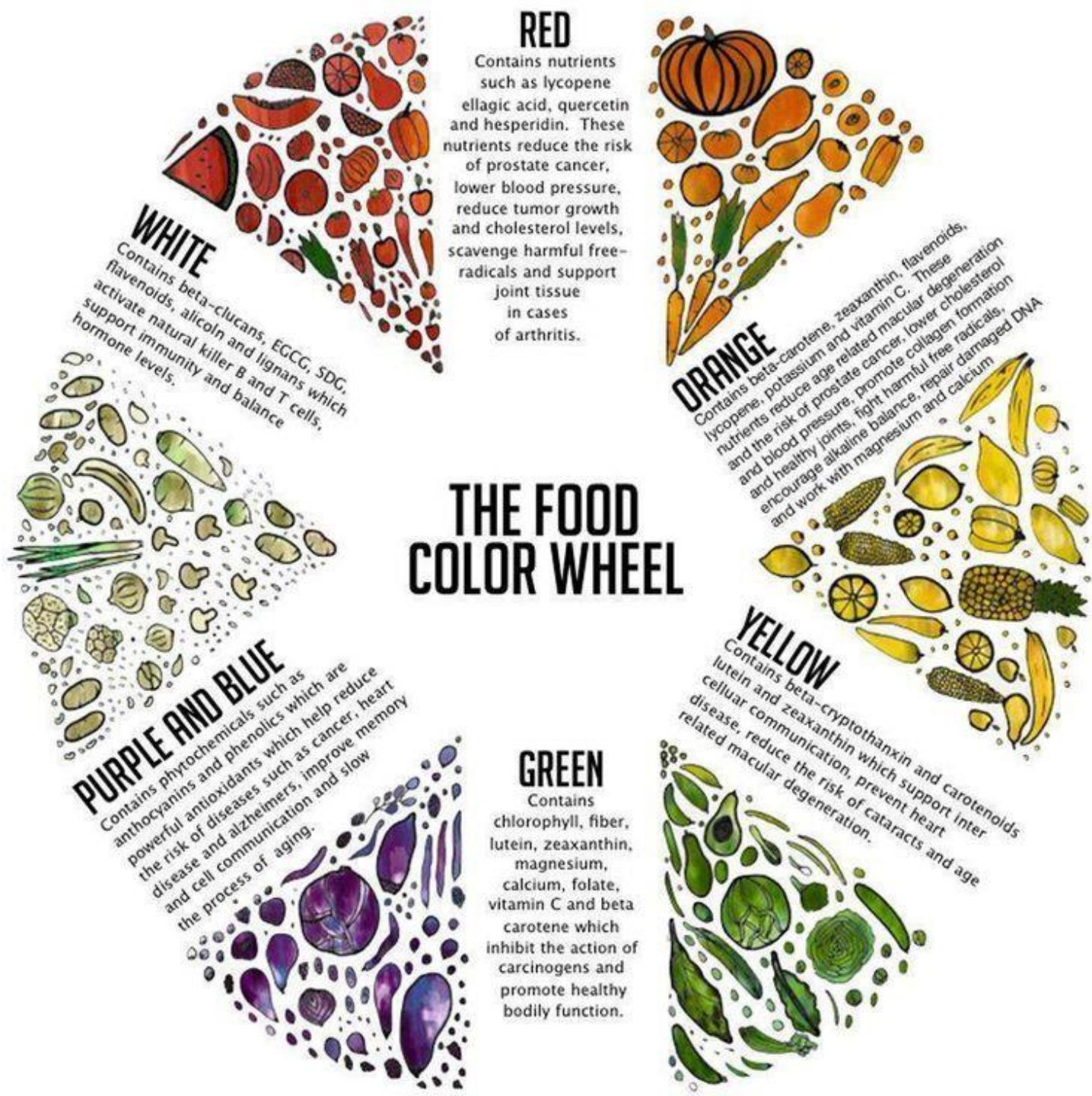
Variety is key:

- No one fruit or vegetable can provide all the nutrients you need.
- Eat a variety of types and colors of produce in order to give your body the mix of nutrients it requires.
- Try dark leafy greens, brightly colored red, yellow and orange vegetables and fruits

Dream Greens Quinoa Salad



Color/ Nutrient Wheel:



The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

RED & PINK

beets
cherries
cranberries
pink grapefruit
pomegranates
radicchio
red radishes

raspberries
red apples
red grapes
red peppers

red potatoes
rhubarbs
strawberries
tomatoes
watermelons

BLUE & PURPLE

blackberries
blueberries
eggplants

grapes
plums
prunes
purple figs
purple onions
radicchio
red cabbage
red onions

GREEN

artichokes
asparagus
avocados
bok choy
broccoli
Brussels sprouts
celery
collard greens
cucumbers
green beans
green cabbage
green grapes
green onions
green peppers

kale
kiwis
leeks
limes
mustard greens
okra
pears
peas
romaine lettuce
snow peas
spinach
sugar snap peas
watercress
zucchini

YELLOW & ORANGE

acorn squash
butternut squash
cantaloupes
carrots
corn
grapefruit
lemons
mangoes
nectarines
oranges
orange peppers

papayas
peaches
pineapples
pumpkins
summer squash
sweet potatoes
tangerines
yams
yellow apples
yellow peppers
yellow squash

WHITE & BROWN

bananas
brown pears
cauliflower
currants
dates
garlic
Jerusalem artichokes
mushrooms

onions
potatoes
parsnips
raisins
shallots
turnips

EAT MORE COLOR



When you hear "salad," you may think of a boring bowl of lettuce and tomatoes. But salad can be so much more! With a few simple additions, it can be a delicious, healthy and inexpensive meal.

FRUITS

Slice up fresh fruit that's in season or on sale - choose a rainbow of colors! Pairing sweet fruits like pear, apple or pomegranate with savory vinaigrettes will bring complexity and flavor to any salad. Dried fruits without added sugars are another super salad ingredient.

FRUITS

FRUITS

PROTEINS

Add more satisfaction to your salad with skinless poultry like grilled chicken breast or fish like salmon and tuna, which provide omega-3 fatty acids. Mix in a chopped hard-boiled egg or a small amount of cheese. Toss in some chickpeas, kidney, navy or black beans. Unsalted nuts, like peanuts, almonds and walnuts, give your salad extra crunch and a dose of healthy fat. All these protein foods will keep you feeling fuller longer.

QUICK TIP
Choose lower-fat, lower-sodium cheeses such as mozzarella or Swiss.

GREENS

Choose dark, leafy greens like romaine, spinach or arugula. Add color with radicchio, red leaf lettuce or red cabbage. If you have fresh herbs, like basil, thyme, oregano or mint, they add zest and extra nutrients to your salad bowl.

DRESSINGS

With oil, vinegar and spices in your pantry, you are minutes away from a simple, healthy homemade vinaigrette dressing. Jazz it up with tasty ingredients like chopped fresh herbs, a squeeze of citrus juice and diced veggies with lots of flavor, like onions, garlic and scallions. Experiment by adding small amounts of those add-ins to this vinaigrette recipe, taste-testing as you go.

GRAINS

Warm or cold cooked whole grains add bulk and satisfaction. Try whole wheat couscous, barley, quinoa, bulgur or wild rice. To save money, look for whole grains in the bulk aisle of your grocery store. Whole wheat pasta is another inexpensive way to bulk up any basic salad.

VEGGIES

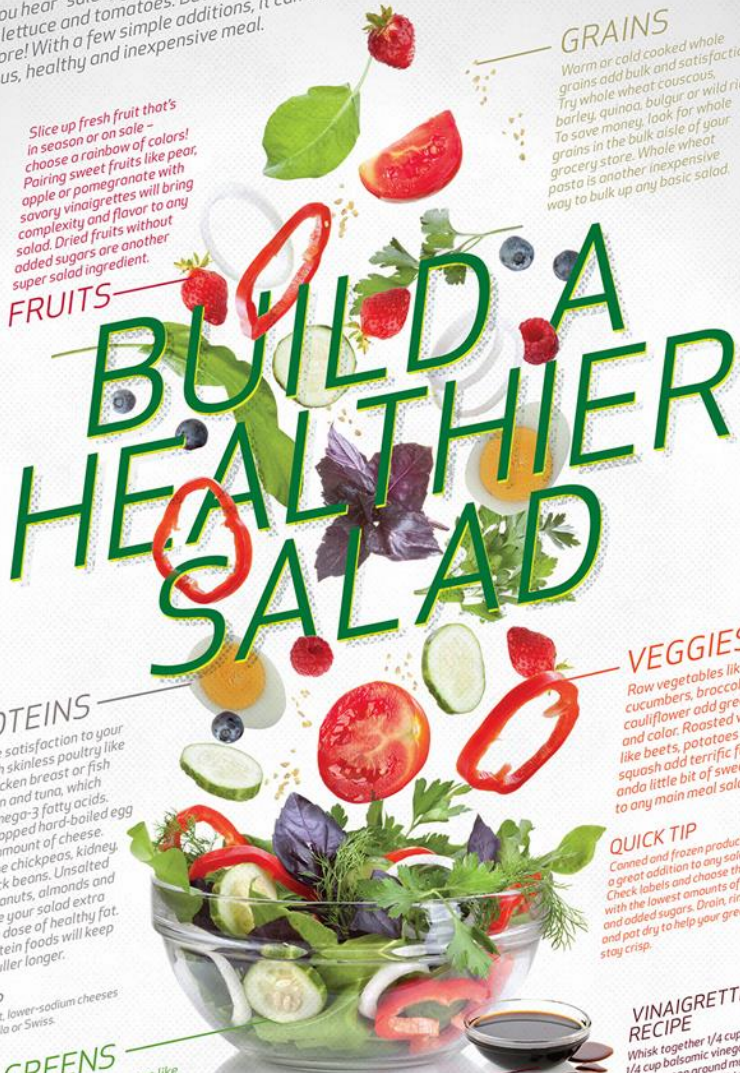
Raw vegetables like carrots, cucumbers, broccoli and cauliflower add great crunch and color. Roasted veggies like beets, potatoes and squash add terrific flavor and a little bit of sweetness to any main meal salad.

QUICK TIP

Canned and frozen produce are a great addition to any salad. Check labels and choose the options with the lowest amounts of salt and added sugars. Drain, rinse and pat dry to help your greens stay crisp.

VINAIGRETTE RECIPE

Whisk together 1/4 cup olive oil, 1/4 cup balsamic vinegar and 1/4 teaspoon ground mustard. Add a dash or two of black pepper and toss into salad (serves four).





Vitamins & Minerals in Leafy Greens





What are vitamins & minerals?

Vitamins

-  Organic substances produced by plants or animals.
-  Not made by the body and therefore must come from food.

Minerals

-  Inorganic elements that originate from rocks, soil, or water.
-  Can be absorbed indirectly from the environment or an animal that has eaten a particular plant.

Types of Vitamins:

🍃 **Water soluble** – body flushes out what it doesn't absorb.

🍃 **Vitamin B**

🍃 B₁ (Thiamin), B₂ (Riboflavin), B₃ (Niacin), B₅ (Pantothenic Acid), B₆ (Pyridoxine), B₇ (Biotin), B₉ (Folic Acid), B₁₂ (Cobalamin)

🍃 **Vitamin C**

🍃 **Fat soluble** – leftovers are stored in the liver and fat tissues.

🍃 **Vitamin A**

🍃 **Vitamin D**

🍃 **Vitamin E**

🍃 **Vitamin K**





baby kale

Nutrition Facts

Serving Size about 3 cups (85g)
Serving Per Container about 2

Amount per serving

Calories 40 Calories from Fat 5

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Potassium 420mg **10%**

Total Carbohydrate 7g **2%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 4g

Vitamin A 170% • Vitamin C 170%

Calcium 15% • Iron 6%

Vitamin K 750% • Vitamin B6 10%

Folate 30% • Manganese 30%

*%Daily Values based on
a 2,000 calorie diet

Vitamin A helps with vision & helps maintain healthy teeth, tissues, & skin!

Vitamin K is needed for blood clotting. It helps with weak bones, bruises, & scars.

Vitamin C is a powerful antioxidant. It also helps with wound healing, maintaining bones & teeth, as well as iron absorption.

Vitamin B₆ (Pyridoxine) is needed for normal brain development & to keep healthy nervous & immune systems.



baby arugula

Nutrition Facts

Serving Size about 3 cups (85g)

Serving Per Container about 2

Amount per serving

Calories 20 Calories from Fat 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Potassium 310mg **8%**

Total Carbohydrate 3g **1%**

Dietary Fiber 1g **5%**

Sugars 2g

Protein 2g

Vitamin A 40% • Vitamin C 20%

Calcium 15% • Iron 6%

Vitamin K 120% • Folate 20%

Magnesium 10% • Manganese 15%

*%Daily Values based on
a 2,000 calorie diet

Calcium helps strengthen bones & teeth. It also helps with heart, muscle, & nerve function.

Magnesium is needed to maintain normal heart rhythm, immune system, & muscle function.

Iron is needed by hemoglobin which delivers oxygen to the body.

Folate is needed for RBC formation. It also helps with cell growth & function. Also needed during pregnancy.

Needed for brain & nerve function, carbohydrate metabolism, & blood sugar regulation.

Vitamin A:

- Helps with vision
- Helps form and maintain healthy teeth, tissues, and skin
 - Recommended amount:
 - Males: 900 mcg/day
 - Females: 700 mcg/day
 - ½ cup of raw carrots = 459 mcg
 - ½ cup boiled spinach = 573 mcg

🌿 One serving of Dream Greens Baby Kale provides 170% of the vitamin A you need for the day!

baby kale

BABY GREENS

Our baby kale is a nutritional powerhouse, super tender and surprisingly sweet.

INGREDIENTS

Baby kale

NUTRITION FACTS ✕


- ★ High in Antioxidant Vitamin C
- ★ Excellent source of Vitamins A & K, Folate and Manganese

Nutrition Facts	
Serving Size about 3 cups (85g) Serving Per Container about 2	
Amount per serving	
Calories 40	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Potassium 420mg	10%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 4g	
Vitamin A 170%	• Vitamin C 170%
Calcium 15%	• Iron 6%
Vitamin K 750%	• Vitamin B6 10%
Folate 30%	• Manganese 30%
*%Daily Values based on a 2,000 calorie diet	



Vitamin C:

- Helps with wound healing
- Repairs and maintains cartilage, bones, and teeth
- Helps with iron absorption
- Vitamin C is an antioxidant which helps prevent or delay certain types of cell damage
 - Research study showed that pok choi has the highest total antioxidant capacity compared to other leafy greens.
- Recommended amount:
 - Males: 90 mg/d
 - Females: 75 mg/d
 - ½ cup raw red peppers = 95 mg
 - ½ cup cooked broccoli = 51 mg


Dream Greens Baby Kale & Super Greens are great sources of vitamin C!

baby super greens

BABY GREENS

Our powerhouse baby kale blends with baby arugula and pac choi for ultimate nutrition and top-notch taste.

INGREDIENTS

Baby arugula, baby kale, baby, pac choi, baby red romaine, baby watercress

NUTRITION FACTS ✕

- ★ High in Antioxidant Vitamin C
- ★ Excellent Source of Vitamins A& K

Nutrition Facts	
Serving Size about 3 cups (85g) Serving Per Container about 2	
Amount per serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Potassium 300mg	8%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 2g	
Vitamin A 100%	Vitamin C 70%
Calcium 10%	Iron 4%
Vitamin K 250%	Folate 15%
Manganese 15%	
*%Daily Values based on a 2,000 calorie diet	

baby kale

BABY GREENS

Our baby kale is a nutritional powerhouse, super tender and surprisingly sweet.

INGREDIENTS

Baby kale


NUTRITION FACTS ✕

- ★ High in Antioxidant Vitamin C
- ★ Excellent source of Vitamins A & K, Folate and Manganese

Nutrition Facts	
Serving Size about 3 cups (85g) Serving Per Container about 2	
Amount per serving	
Calories 40	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Potassium 420mg	10%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 4g	
Vitamin A 170%	Vitamin C 170%
Calcium 15%	Iron 6%
Vitamin K 750%	Vitamin B6 10%
Folate 30%	Manganese 30%
*%Daily Values based on a 2,000 calorie diet	

Vitamin K:

- Needed for blood clotting
- Prevents and treats weak bones
- Helps with spider veins, bruises, scars, and stretch marks
- Research published in 2015 showed:
 - “significant decrease in the rate of cognitive decline for study participants who consumed greater amounts of green leafy vegetables. People who ate one to two servings per day had the cognitive ability of a person 11 years younger than those who consumed none”.
 - Vitamin K, lutein, folate and beta-carotene were most likely helping to keep the brain healthy
- Recommended amount: (Adequate Intake)
 - Males: 120 µg/day
 - Females: 90 µg/day
 - 1 cup raw kale = 113 mcg
 - ½ cup collards (boiled) = 530 mcg

 A serving of Dream Greens Kale & Watercress provides 750% and 270% of vitamin K you need for the day respectively.

baby kale

BABY GREENS

Our baby kale is a nutritional powerhouse, super tender and surprisingly sweet.

INGREDIENTS

Baby kale

NUTRITION FACTS ✕

- ★ High in Antioxidant Vitamin C
- ★ Excellent source of Vitamins A & K, Folate and Manganese

Nutrition Facts	
Serving Size about 3 cups (85g)	
Serving Per Container about 2	
Amount per serving	
Calories 40	Calories from Fat 5
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Potassium 420mg	10%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 4g	
Vitamin A 170%	• Vitamin C 170%
Calcium 15%	• Iron 6%
Vitamin K 750%	• Vitamin B6 10%
Folate 30%	• Manganese 30%
*%Daily Values based on a 2,000 calorie diet	

baby watercress

BABY GREENS

Our baby watercress is bright and crisp with a slight sweetness and a healthy dose of spice.

INGREDIENTS

Baby watercress

NUTRITION FACTS ✕

- ★ High In Antioxidant Vitamin C
- ★ Rich in Vitamins A & K

Nutrition Facts	
Serving Size about 3 cups (85g)	
Serving Per Container about 2	
Amount per serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Potassium 280mg	8%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	2%
Sugars 0g	
Protein 2g	
Vitamin A 50%	• Vitamin C 60%
Calcium 10%	• Iron 0%
Vitamin K 270%	• Manganese 10%
*%Daily Values based on a 2,000 calorie diet	

Vitamin E:

- Antioxidant that protects red blood cells
- Plays a role in immune function, metabolic function, and immune repair
- Recommended amount:
 - Males and females: 15 mg/d
 - 1 ounce almonds = 6.8 mg
 - ½ cup mustard greens (cooked) = 1.3 mg

Types of Fiber

☛ Soluble

- ☛ Dissolves in water
- ☛ Help lower glucose levels
- ☛ Help lower cholesterol
- ☛ Foods that contain soluble fiber:
 - ☛ Oatmeal, nuts, beans, apples
 - ☛ 1 cup cooked kale (1.40 g), ½ cup cooked spinach (1 g), 1 cup collard greens (2.39 g), 1 cup raw romaine lettuce (0.45 g)

☛ Insoluble

- ☛ Does not dissolve in water
- ☛ Promotes regularity
- ☛ Helps prevent constipation
- ☛ Foods that contain insoluble fiber:
 - ☛ Whole grain bread, potatoes, tomatoes
 - ☛ 1 cup cooked kale (1.20 g)



Fiber:

- Fiber comes only from plant based sources
- Leafy greens are high in Fiber which can help:
 - Lower “bad” cholesterol,
 - Control blood sugar levels
 - Normalize bowel movement, maintain bowel health, and prevent constipation.
- Leafy greens keep us full longer because of their fiber and water content.
- Fiber recommendations:
 - Men: 38 grams/day
 - Women: 25 grams/day
 - 1 cup turnip greens / mustard greens / collard greens (boiled) = 5 g
 - 1 cup cooked black beans = 15 g
- Consume plenty of water – too much fiber and not enough water can cause nausea or constipation

Calcium:

- Helps strengthen bones and teeth
- Helps with heart, muscles, and nerve function
- Recommended amount:
 - Males (19 – 70 years old): 1000 mg/d
 - Females (19 – 50 years old): 1000 mg/d ; (>50 years old) 1200 mg/d
 - 1 cup kale (cooked) = 94 mg
 - 1 cup kale (raw) = 24 mg
 - 1 cup plain low-fat yogurt = 415 mg

Use Dream Greens Spicy Spring Mix to make your favorite salad and get 10% of your daily calcium requirements!

baby spicy spring mix

BABY GREENS

Our bold blend of peppery arugula, crisp watercress and zesty mustard greens, sure to spice up any meal.

INGREDIENTS

Baby arugula, baby pac choy, baby ruby streaks, baby watercress.

NUTRITION FACTS ✕

- ★ High in Antioxidant Vitamin C
- ★ Excellent source of Vitamins A & K

Nutrition Facts	
Serving Size about 3 cups (85g)	
Serving Per Container about 2	
Amount per serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Potassium 280mg	8%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 2g	
Vitamin A 60%	• Vitamin C 60%
Calcium 10%	• Iron 4%
Vitamin K 180%	• Folate 10%
*%Daily Values based on a 2,000 calorie diet	

Potassium:

- Needed by nerve and muscle cells to properly function
- Individuals with kidney disease need to consume a diet low in potassium
- Recommended amount: (Adequate Intake)
 - Males and females: 4700 mg/d
 - ½ cup beet greens (cooked) = 655 mg
 - ½ cup spinach (cooked) = 419 mg

Folate:

- Needed for red blood cell formation
- Helps with healthy cell growth and function
- Important for fetus development during pregnancy
- Recommended amount:
 - Males: 400 mcg/day
 - Females: 400 mcg/day ** (or more for women capable of becoming pregnant)
 - 1 cup romaine lettuce = 64 mcg
 - ½ cup mustard greens (cooked) = 52 mcg
 - 3 oz beef liver = 215 mcg

Iron:

- Needed by hemoglobin - delivers oxygen to the body
- Recommended amount:
 - Males: 8 mg/d
 - Females (19 – 50 years old): 18 mg/d ; (>50 years old) 8 mg/d
 - 1 cup canned white beans = 8 mg
 - 1 cup spinach (cooked) = 6.43 mg

Magnesium:

Needed to:

- Maintain normal heart rhythm, immune system and muscle function

- Low magnesium levels are associated with hypertension, heart disease, osteoporosis, and poorly controlled diabetes.

Recommended amount:

- Males (19 – 30 years old) 400 mg/d ; (>30 years old) 420 mg/d
- Females (19 – 30 years old) 310 mg/d ; (>30 years old) 320 mg/d
 - ½ cup spinach (cooked) = 78 mg

Manganese:

- Helps the body form connective tissue, bones, blood clotting factors, and sex hormones.
- Plays a role in fat and carbohydrate metabolism, calcium absorption, and blood sugar regulation.
- Necessary for normal brain and nerve function.
- Recommended amount: (Adequate Intake)
 - Males: 2.3 mg/d
 - Females: 1.8 mg/d
 - ½ cup spinach (cooked) = 0.84 mg

Carotenoids:

- Pigments that give fruits and vegetables their vibrant colors (red, orange, green, yellow)
 - Carotenes – beta-carotene, lycopene
 - Xanthophylls – lutein, zeaxanthin
- Helps with eye health
- May help with lowering risk for heart diseases and certain cancers
- Research has shown consumption of cruciferous vegetables may slow down or prevent cognitive decline and maintain brain function throughout the aging process.

Phytochemicals:

- Cruciferous vegetables such as kale contain the phytochemical *Isothiocyanates* (sulforaphane).
 - Protect against some cancers
 - Protect against neurodegeneration
 - Protect against CVD risk

What happens to vegetables when they are processed/cooked?

- ✔ Vitamins C and B are affected by processing treatments and may be leached into cooking water or the canning medium.
- ✔ Vitamin C is sensitive to heat, light, and oxygen, making it susceptible to loss during both home cooking of fresh fruits and vegetables and thermal processing.
 - ✔ Refrigeration slows deterioration of Vit C

What happens to vegetables when they are processed/cooked?

- Vitamins A and E and the carotenoids may be released from their cellular matrices by thermal, freezing, high-pressure, or other preservation treatments.
- Vitamins A and E and carotenoids (including lycopene) are sensitive to heat, light, oxygen, and pH.
 - Since these are fat soluble, there is little leaching into cooking water or canning medium.

What happens to vegetables when they are processed/cooked?

- Fiber is not affected by thermal processing or freezing, so the fiber content is very similar in fresh and processed fruits and vegetables
- Losses in B vitamins also occur during transportation and storage of fresh fruits and vegetables, but less literature is available on these nutrients.
 - Thiamin and vitamin B-6 are sensitive to heat and light, and reported losses as a result of canning range from 7 to 70% for various vegetables. The B vitamins were also sensitive to blanching and freezing, with losses in the range of 20–60%

Kale:

- High in Vitamins A, C, and K
- Rich in Calcium, Potassium, and Fiber.
- Can be used in smoothies, juices, cold soups, and of course salads.

Nutrition Facts

Serving Size about 3 cups (85g)
Serving Per Container about 2

Amount per serving

Calories 40 Calories from Fat 5

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Potassium 420mg **10%**

Total Carbohydrate 7g **2%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 4g

Vitamin A 170% • Vitamin C 170%

Calcium 15% • Iron 6%

Vitamin K 750% • Vitamin B6 10%

Folate 30% • Manganese 30%

*%Daily Values based on
a 2,000 calorie diet

Arugula:

- Full of antioxidants and fiber.
- Great source of Vitamin K, Calcium, Potassium, and Manganese.

Nutrition Facts

Serving Size about 3 cups (85g)
Serving Per Container about 2

Amount per serving

Calories 20 Calories from Fat 5

% Daily Value*

Total Fat 0.5g **1%**
Saturated Fat 0g **0%**
Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Potassium 310mg **8%**

Total Carbohydrate 3g **1%**

Dietary Fiber 1g **5%**

Sugars 2g

Protein 2g

Vitamin A 40% • Vitamin C 20%

Calcium 15% • Iron 6%

Vitamin K 120% • Folate 20%

Magnesium 10% • Manganese 15%

*%Daily Values based on
a 2,000 calorie diet

Watercress:

- Ranking #1 in CDC's Powerhouse Fruits and Vegetables list.
- Nutrient Density Score: 100
- 100 calories of watercress (5 clamshells) will give you your entire daily value of 17 essential nutrients.
- High in Vitamins A, C, and K.

Nutrition Facts

Serving Size about 3 cups (85g)

Serving Per Container about 2

Amount per serving

Calories 10 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Potassium 280mg **8%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **2%**

Sugars 0g

Protein 2g

Vitamin A 50% • Vitamin C 60%

Calcium 10% • Iron 0%

Vitamin K 270% • Manganese 10%

*%Daily Values based on
a 2,000 calorie diet

Vitamin & Mineral Requirements:

Vitamin / Mineral	Recommended Amount per day	Equivalent to:
Vitamin A	Males: 900 mcg Females: 700 mcg	½ cup raw carrots = 459 mcg ½ cup boiled spinach = 573 mcg
Vitamin C	Males: 90 mg Females: 75 mg	½ cup raw red peppers = 95 mg ½ cup cooked broccoli = 51 mg
Vitamin K	Males: 120 mcg Females: 90 mcg	1 cup raw kale = 113 mcg ½ cup collard greens = 530 mcg
Vitamin E	15 mg	1 oz almonds = 6.8 mg ½ cup mustard greens = 1.3 mg
Folate	400 mcg	1 cup romaine lettuce = 64 mcg 3 oz beef liver = 215 mcg
Fiber	Males: 38 g Females: 25 g	1 cup turnip greens / collard greens (boiled) = 5 g 1 cup cooked black beans = 15 g

Vitamin & Mineral Requirements:

Vitamin / Mineral	Recommended Amount per day	Equivalent to:
Calcium	Males: 1000 mg Females: 1000- 1200 mg	1 cup kale (cooked) = 94 mg 1 cup kale (raw) = 24 mg 1 cup plain low-fat yogurt = 415 mg
Iron	Males: 8 mg Females: (19 – 50 years old): 18 mg; (>50 years old) 8 mg/d	1 cup canned white beans = 8 mg 1 cup spinach (cooked) = 6.43 mg
Potassium	4700 mg	½ cup beet greens (cooked) = 655 mg ½ cup spinach (cooked) = 419 mg
Magnesium	Males: 400 – 420 mg Females: 310 – 320 mg	1 oz dark chocolate = 64 mg 1 medium avocado = 58 mg
Manganese	Males: 2.3 mg/d Females: 1.8 mg/d	1 slice whole wheat bread = 0.60 mg 1 cup mashed sweet potato = 0.88 mg

Comparison of Vitamins in Dream Greens vs. other leafy green vegetables:

Dream Greens Variety	Vit A*	Vit C*	Vit K*	Folate*	Vit B6*
DG Kale	170%	170%	750%	30%	10%
DG Arugula	40%	20%	120%	20%	--
DG Watercress	50%	60%	270%	--	--
DG Spring Mix	80%	40%	140%	10%	--
DG Spicy Spring Mix	60%	60%	180%	10%	--
DG Supergreens	80%	70%	250%	15%	--
Other Leafy Greens	Vit A*	Vit C*	Vit K*	Folate*	Vit B6*
Spinach	160%	40%	360%	40%	--
Collard greens	35%	8%	1900%	--	--
Swiss chard	115%	48%	750%	--	0%
Romaine lettuce	20%	4%	120%	--	--
Broccoli rabe	40%	26%	180%	--	10%
Cabbage (green)	1%	54%	170%	--	5%

Comparison of Minerals in Dream Greens vs. other leafy green vegetables

Dream Greens Variety	Calcium	Potassium	Iron	Magnesium	Manganese
DG Kale	15%	10%	6%	--	30%
DG Arugula	15%	8%	6%	10%	15%
DG Watercress	10%	8%	0%	--	10%
DG Spring Mix	8%	6%	6%	--	--
DG Spicy Spring Mix	10%	8%	4%	--	--
DG Supergreens	10%	8%	4%	--	15%

Other leafy greens	Calcium	Potassium	Iron	Magnesium	Manganese
Spinach	8%	12%	15%	--	--
Collard greens	8%	6%	4%	--	--
Swiss chard	4%	10%	8%	18%	--
Romaine lettuce	2%	4%	2%	--	--
Broccoli rabe	8%	4%	8%	4%	--
Cabbage (green)	3%	4%	2%	2%	--

Leafy greens & heart disease:

Plant-based diets are associated with lowered risk of heart failure

- Studies suggest that “those who averaged 8 or more servings of fruits and vegetables a day were **30% less likely** to have had a heart attack or stroke”.
 - Leafy green vegetable consumption specifically contributed to the positive outcomes.
- Individuals who ate more than 5 servings of fruits and vegetables per day had roughly a **20 % lower risk** of coronary heart disease and stroke, compared with individuals who ate less than 3 servings per day.
- Study of over 100,000 Chinese adults showed that, “participants in the highest versus lowest quintile of cruciferous vegetable intakes had a **22% reduced risk** of all cause-mortality and a **31% reduced risk** of CVD-related mortality”.

Leafy greens & blood pressure:

The DASH Diet has been shown to dramatically lower blood pressure

- A diet high in fruits and vegetables has been shown to positively impact blood pressure.
- DASH Diet (Dietary Approaches to Stop Hypertension)
 - Reduced sodium, increased variety of nutrient rich foods especially those that contain potassium, calcium, and magnesium.
- Vegetarian diets have also been associated with lower blood pressure.

Leafy greens & cancer:

“Green leafy vegetables may be one of the best cancer-preventing foods”

– USDA Agricultural Research Service

- “A report by the World Cancer Research Fund and the American Institute for Cancer Research suggests that non-starchy vegetables—such as lettuce and other leafy greens, broccoli, bok choy, cabbage, as well as garlic, onions, and the like—and fruits “probably” protect against several types of cancers, including those of the mouth, throat, voice box, esophagus, and stomach; fruit probably also protects against lung cancer”
- Human studies have shown inconsistent results regarding the link between cruciferous vegetable consumption and reduced cancer risk.

Leafy greens & gut health:

Leafy greens help inhibit the growth of “bad” bacteria

- Sulfoquinovose (SQ) – a sugar found in leafy greens is used by “good” bacteria as a source of energy.

“E. coli is a key bacterial colonizer needed by our gut. We speculate that consumption of this specific molecule within leafy greens will prove to be an important factor in improving and maintaining healthy gut bacteria and good digestive health.”

Special considerations:

- Certain leafy green vegetables can decrease the effect of medications like **Warfarin**. If taking this medication, cut back or avoid the following foods:

Kale	Collard Greens
Spinach	Mustard Greens
Brussel Sprouts	Chard
Parsley	Green Tea

Recipe to try:



Dream Green Watercress Tzatziki Sauce

Ingredients:

2 cup Dream Greens baby watercress, chopped
12 ounce Greek yogurt
1 clove garlic
juice of 1/2 lemon
black pepper to taste

Directions:

1. Chop watercress and grate garlic with a fine cheese grater.
2. Combine all ingredients. Refrigerate.



More recipes to try:

- Dream Greens Superfood Stir Fry
 - <http://dreamgreens.com/recipe/superfood-stir-fry/>
- Dream Greens Rustic Kale and Pesto Pasta
 - <http://dreamgreens.com/recipe/rustic-kale-pesto-pasta/>
- Mango, Turmeric, and Dream Greens Smoothie
 - <http://dreamgreens.com/recipe/booster-citrus-turmeric-smoothie/>
- Dream Greens Watercress Salsa
 - <http://dreamgreens.com/recipe/fresh-spicy-watercress-salsa/>

Visit www.DreamGreens.com/Recipes for more tasty recipe ideas

Sources:

[AeroFarms PPT Sources.docx](#)