

Comparing Greens

Leafy greens are tasty and nutritious! Learn about the most common greens to find the best option(s) for you!



Spinach

- Fast-growing, cool weather vegetable
- High in insoluble fiber, which may boost health in several ways
- Mild taste and can be eaten raw or cooked

Cooked spinach is versatile and can be added to most recipes for a nutritional boost!



Kale

- Hearty member of the cabbage plant family
- Low in calories and is one of the most nutritious leafy greens available
- Versatile and boasts a nutty, earthy flavor

Good in salads, omelets, pastas, stir-fries and soups.



Arugula

- Can grow 6 to 12 inches tall when harvesting
- Nutrient-dense green that is high in fiber and phytochemicals
- Mustardy, peppery, distinctive-tasting green

Try using arugula in any salad that calls for baby spinach or watercress.



Swiss Chard

- Can grow in poor soil, water, and light
- High in antioxidants, which protect your body from free radicals
- Mildly sweet, yet slightly bitter flavor

Can be used like spinach, but requires slightly longer cooking because of its thicker texture.



Romaine Lettuce

- Easy to grow, and takes up little space
- Although low in fiber and calories, it's high in minerals
- Versatile and has a crispy, mild, sweet flavor

While romaine lettuce is most often consumed raw in salad, it's possible to cook it!



Iceberg Lettuce

- #1 in terms of volume produced in the U.S
- Often thought to lack in nutrients, but has folate and is a good source of vitamin K
- Mild flavor with a firm, crunchy texture

Great for salads, shredded in snacks, as a garnish, and on sandwiches.