EAT COOKED GREENS

Varieties of Cooked Greens
The next time you visit the grocery store or farmers’ market, try to find these leafy greens:

Bok choy  Kale  Mustard greens  Swiss chard
Collards  Kohlrabi  Spinach  Turnip greens

1. What is your favorite variety of cooked greens?

2. Describe your favorite variety of greens with your senses.
   Smell: ________________________________________________
   Sight: ________________________________________________
   Touch: _______________________________________________
   Taste: ________________________________________________

3. Which other varieties would you like to try? ___________________

4. Why are cooked greens good for you?
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________

Reasons to Eat Cooked Greens
A ½ cup of cooked Swiss chard has lots of vitamin A, vitamin C, and vitamin K. It also has calcium. Calcium is a mineral that works with vitamin D and another mineral (phosphorus) to build strong bones and teeth.

Calcium Champions:*
Almonds, dark green leafy vegetables, lowfat dairy foods, nopales (cactus leaves), and soybeans.

*Calcium Champions are a good or excellent source of calcium.

How Much Do I Need?
A ½ cup of cooked greens is about the same as two cups of raw leafy greens. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Look at the chart below to find out how much you need.

All forms of fruits and vegetables count towards your daily amount – fresh, frozen, cooked, and dried. Eat a variety of colorful fruits and vegetables throughout the day and get at least 60 minutes of physical activity every day!

Recommended Daily Amounts of Fruits and Vegetables*

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<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
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<tbody>
<tr>
<td><strong>Boys</strong></td>
<td>2½ - 5 cups per day</td>
<td>4½ - 6½ cups per day</td>
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<tr>
<td><strong>Girls</strong></td>
<td>2½ - 5 cups per day</td>
<td>3½ - 5 cups per day</td>
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*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov/kids to learn more.