


# Harvest of the Month



Spinach

Calories

7

Total Fat

0g

1  
Cup

Sodium

24mg

Sugars

0g

## FUN FACTS:

Native to Persia, spinach is among the “World’s Healthiest Vegetables.” It is an excellent source of Vitamin K—the bone health vitamin.

This green leafy vegetable is also one of the most protein-rich vegetables available (over 5 grams per cup—cooked).

Keep frozen spinach on hand for an easy nutrient boost in soups, sauces and smoothies.

This institution is an equal opportunity provider.

