

**Fresh Herbs
and Spices**



Fresh herbs and spices are a nutritious, low-calorie, low-fat way to liven up all your dishes – soups, salads, proteins, veggies – add some herbs and spices to rev them up! Spices from the ground, such as ginger and garlic, are especially yummy in hot foods; leaf-based herbs such as basil, thyme, parsley, and rosemary go on almost everything! Try growing some yourself: start with basil or rosemary, which usually are easiest to grow, inside in a pot, or outside in the ground!



Salad
Greens



Salad greens are nutritious and fresh, and a good source of folate and vitamins K, A and C. Salad greens include cruciferous varieties such as kale, arugula, and swiss chard, as well as the common red and green leaf lettuce, romaine, butter lettuce, and spinach. Remember, the darker the lettuce leaf, the more nutritious the lettuce! Every day, fill up a plate with a variety of these salad greens, and top with other colorful fruits and veggies for a nutritious meal or side.

