Eat Me I'm Green!
Get the Luck of the Irish by Eating More Green Fruits and Vegetables

Don’t rely on the luck of the Irish; eat more green fruits and vegetables for good health this St. Patrick’s Day and throughout the year! Green fruits and vegetables have many health benefits. They help protect against certain cancers, are good for our eyes, and help build strong bones and teeth. Here are some ideas to make your St. Patrick’s Day a healthy one:

– Add a tossed green salad to your meal at lunch or dinner.
– No St. Patrick’s Day would be complete without corn beef and cabbage!
– Include fruit in your salads, like kiwi, green grapes, or honeydew melon.
– Add avocado slices to salads and sandwiches.
– Eat broccoli florets with your favorite veggie dip!
– Try a veggie pizza with green peppers!
– Use spinach noodles in pasta dishes
– Add spinach, asparagus, or green peppers to omelets!
– Top angel food cake with glazed kiwi for a treat!

And remember, you are only limited by your imagination!

The Institute of Food and Agricultural Sciences (IFAS) is an Equal Opportunity Institution authorized to provide research, educational information and other services only to individuals and institutions that function with non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions or affiliations. US Department of Agriculture, Cooperative Extension Service, University of Florida, IFAS, Florida A&M University Cooperative Extension Program, and Boards of County Commissioners Cooperating.

This material was funded by USDA’s Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call toll free 1-866-762-2237, or visit www.dcf.state.fl.us/ess. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800)795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.