



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!



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