

Produce of the Month

SPINACH

fun facts:



- Popeye the Sailor Man is well known for being strong from eating his spinach.
- Spinach is low in calories, and is a good source of vitamin C, vitamin A, and minerals, especially iron. Spinach is best eaten fresh. It loses nutritional properties with each passing day.
- If you want your spinach to last a long time, freeze it while it's still fresh.
- Spinach is grown across the United States, from California to Florida. California produces 74% of the fresh spinach grown in the United States.
- Two U.S. cities claim to be the 'spinach capital of the world': Crystal City, Texas and Alma, Arkansas.



Nutrition Facts

Serving Size 1 cup spinach (30g)
Servings Per Container 1

Amount Per Serving

Calories 5 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 1g **0%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 1g

Vitamin A 60% • Vitamin C 15%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

A
better
tomorrow
starts
today