

## HEALTH TIPS FOR THE MONTH OF MARCH 2018

### Green leafy Vegetables (GLV) – Nutritional Powerhouses



A nutrition professor told that it was common for our ancient ancestors to eat up to 2-3kgs of leaves per day. He imagined them walking along from one place to another, just picking and eating leaves as they went. Can you imagine eating grocery bag full of greens each and every day? Few of us even eat the minimum recommendations of 3 cups of dark green vegetables per week. Because they are rich source of minerals (including iron, calcium, potassium, and magnesium), vitamins B, K, C, E & also provide a variety of phytonutrients including beta-carotene, lutein, and zeaxanthin. Dark green leaves even contain small amounts of Omega-3 fats. Perhaps the star of these nutrients is Vitamin K. Green leafy vegetables are Spinach, lettuce, broccoli, cabbage, cauliflower, brussels sprout,.....

## Health Benefits

- Regulates blood clotting
- Helps to protect bones from osteoporosis thereby prevent hip fracture
- Helps to prevent/reduce atherosclerosis & heart diseases
- Protects from inflammatory diseases including arthritis
- Helps to prevent diabetes, because it is low in calories & rich in fiber
- Ideal for weight management
- Has cancer (breast, colon, stomach, skin....)- protective properties because it contains a variety of carotenoids, flavonoids and other powerful antioxidants
- Improves immune function.
- Reduces the risk of blindness, and protect against both cataract and age-related macular degeneration related blindness in the elderly.



Tips for Safe Handling and Storage of Salad Greens



When shopping, pack fresh salad greens in plastic bags so that they are kept separate from other groceries, especially raw meats and poultry.

- Refrigerate salad greens at 35 to 40 degree F within two hours of purchasing. Store it in a plastic bag or lettuce keeper.
- Always wash hands before preparing salads and make sure you are working with a clean cutting board.
- Wash lettuce just before using by running cold water over leaves. Leaves can be difficult to clean so immersing the leaves in a bowl of cold water for a few minutes helps loosen sand and dirt. Presoaking lettuces for 10 minutes in dilute vinegar-water (Half cup distilled white vinegar per 1 cup water), followed by a clean water rinse, has been shown to reduce bacterial contamination but may affect texture and taste. After washing, blot dry with paper towels or use a salad spinner to remove excess moisture.
- Because lettuce and other salad greens are very perishable, they should be used within one week after purchase.
- Bagged salads can be convenient but added processing steps like cutting and mixing can increase the likelihood of contamination with microorganism. To reduce the risk of foodborne illness with bagged salads keep them refrigerated at 35 to 40 degrees F, observe “Use By” dates marked on the package, and rinse well before eating, removing any damaged or spoiled leaves.

Greens – “Neglected Gold Mine”, so let us start eat red and dark green leafy vegetables in our daily food serves, so that we can lead healthier life.



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