



EATING 101 RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Spinach: The Unbeleafable Green

Popeye the Sailor may have been on to something by consuming large quantities of spinach. Although a can of spinach will not enhance your strength as the cartoon claimed, incorporating this versatile vegetable into your diet can provide you with numerous health benefits and a heap of vitamins, minerals, and fiber. Read below to see how you can be “strong to the finish cause you eats your spinach”!

What are the health benefits of spinach?

Vitamins

- Spinach is a source of **Vitamin K**, which improves calcium absorption. Calcium is important in maintaining bone health.
- This leafy green is also a source of **Vitamin A**. Vitamin A helps aid the immune system to keep you healthy throughout the semester.

Fiber

- Spinach provides dietary fiber. One cup of cooked spinach contains about 4 grams of fiber.
- Daily fiber recommendations include 28 grams for women and 34 grams for men.
- Eating a diet high in fiber is important for digestive health.

How do I incorporate spinach into my dining hall meals?

The dining halls often incorporate spinach into their recipes. Lookout for cold salads containing this leafy green or hot dishes such as spinach stuffed shells and spinach flatbread pizza.

Whether you are having an omelet, stir fry, or pasta, the cook-to-order station is a great way to incorporate sautéed spinach into your dining hall meals.

Use raw spinach at the salad bar as the base for your salad or add some to a sandwich for a crisp texture and bonus nutrition. Raw or cooked, any form is good for your health.

There is no limit to spinach!

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References: *Make like Popeye: The powerful benefits of spinach* Available at: <https://web.uri.edu/chs/2018/03/22/make-like-popeye-the-powerful-benefits-of-spinach/> Accessed on 4/4/23. *Spinach, cooked, boiled, drained, without salt* Available at: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/168463/nutrients> Accessed on 4/4/23

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