

SPINACH

Edible Flowering Plant

Spinach is considered outstanding as a broad based source of nutrition. It contains high levels of minerals such as magnesium, iron, and copper, as well as high levels of vitamins B2, B6, K, E, and A. The high chlorophyll content in spinach is thought to modulate hunger, satiety, and blood sugar levels making it a great addition to meals when sustained energy is desired.

Serving suggestions:

Gently saute butter or olive oil and serve with a poached or fried egg.
Add a large handful to any smoothie for a tasteless infusion of nutrients.
Use as a salad base, dress with goat cheese, pecans, dried cherries, and balsamic.
Saute and top a pizza or fold into a calzone.

Nutrition Tip:

Eat a combination of cooked and raw greens to maximize the variety of nutrients available. Heat can destroy some delicate nutrients such as folate. However, heat may also reduce oxalate content in leafy greens, allowing for better mineral absorption.

**ETHICALLY GROWN/RAISED
PRODUCE, MEAT, AND EGGS
BY STONYLEDGE FARM**

**BIO-INDIVIDUAL NUTRITIONAL
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