

## Maximizing the Nutrition you Get from your Greens

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Regularly consuming your greens is the key to getting the most nutrients from them. But, there are some tricks to ensuring that you get the most out of your leafy green veggies.

### *Tip 1: Pair your greens with a source of fat*

When you eat your leafy greens with fat, your body does a better job absorbing fat soluble vitamins, such as Vitamin A, Vitamin D, and Vitamins E and K. So, add that olive oil based salad dressing, have your salad with a hard boiled egg, and sprinkle on those slivered almonds.

### *Tip 2: Pair your greens, which are high in calcium, with a good source of Vitamin D*

Vitamin D helps your body better absorb calcium in the intestine. A few examples of foods that are high in vitamin D are salmon, canned tuna, mushrooms, and eggs (the yolks, specifically). Adding these foods to your salad will help both your vitamin D and calcium intake.

### *Tip 3: Eat your fresh veggies within a few days after bringing them home.*

The vitamins and minerals in your greens begin to degrade once they are picked. Some degrade faster than others.

Thankfully, the greens from Second City are picked fresh and do not spend time in transport. Once you have your greens home, you should try to eat them within a few days. This will ensure that most of the vitamins remain at their maximum levels.

### *Tip 4: Cut up your greens a bit*

When you cut up your greens, you actually break down some of the cell walls, which allows your body to more easily access the vitamins and minerals inside for digestion. You don't need to make them too small, but a rough chop will help. Chopping also releases enzymes that can aid in the digestive process. It's okay if you don't cut them up every time, you will still get plenty of nutrients.

