

# Leafy Greens



Factsheet for Persons Living with Dementia and Care Partners

In this factsheet, you will learn about:



Benefits



Types



Ways to Cook and Eat

## Key ideas:

- Leafy greens are a key part of a healthy diet.
- Leafy greens are rich in vitamin A, vitamin C, antioxidants, fibre, folate, vitamin K, magnesium, calcium, iron, and potassium.
- Eating a diet rich in leafy greens can reduce your risk of obesity, heart disease, high blood pressure, and may support brain health.

- Kale
- Spinach
- Cabbage
- Mustard greens
- Collard greens
- Swiss chard
- Arugula
- Bok choy (Chinese chard)
- Dandelion greens
- Rapini
- Turnip greens
- Parsley

Leafy greens can be found year-round.  
They are easy to incorporate into your meals.

# Ways to incorporate leafy greens into your diet

- Blend spinach, kale, or arugula into pesto instead of basil.
- Stir chopped kale or spinach into curries, soups, and stews.
- Add leafy greens to risotto, savoury pies, chili, and pasta sauce.
- Blend spinach into a green smoothie with banana, berries, and yogurt.
- Fold cooked greens into an omelet or frittata.
- Add chopped and steamed spinach or kale to lasagnas or stuffed into pasta shells



## How can I get started?

- Eat one dark leafy vegetable every day.
- Try frozen chopped greens, which are more convenient.
- Leafy greens are cooked when they wilt and have a bright colour.

## My notes, reflections, and goals:

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