

## Go with Greens!

Adding one or two green salads to your daily diet can radically improve your health, and give you a better shot of reaching your goal weight and can even prevent osteoporosis. A new study with rats has proven that rats fed green vegetables, which are high in calcium, had less bone loss than those without vegetables in their diet. Green leafy vegetables, mushrooms and oranges are high in folate, which is needed for red blood cell formation and energy production. Folate is also highly prized as a “brain food” nutrient. Dark green leafy vegetables such as spinach, chard, and kale are high in Vitamin E, a vital antioxidant that helps prevent cancer and heart disease, reduces blood pressure and helps promote healthy skin and hair. Supercharge your life with two Green Salads a day. Choose organic vegetables in great variety—as pesticides on conventional produce may be counterproductive to your health quest. Make your own salad dressings using healthy oils (like olive oil) and vinegar. Add fresh herbs and seasonings. Most store bought dressings contain a great deal of sugar, in the form of high fructose corn syrup. Here is our favorite salad and dressing recipe.

### Mixed Green Salad with Oranges (serves 2)

- 2 handfuls of mixed greens
- 2 chopped kale leaves (stem removed)
- ½ chopped green pepper
- 1 chopped carrot
- 2 sliced mushrooms
- 1 orange, sectioned and cut into bite size pieces

### **Cilantro-Lime Vinaigrette**

**From website** [www.cookingtf.com](http://www.cookingtf.com)

- 1/2 C olive oil
- 2 T plain yoghurt
- 2 T lemon juice
- 2 T rice vinegar
- 1/4 C fresh, shredded cilantro leaves, tightly packed
- 1/4 tsp each garlic powder, thyme and black pepper
- 1/8 tsp cumin
- a squeeze of fresh lime juice - about a quarter lime

Combine in a blender until fully mixed. Chill and serve.

To learn more about how to develop healthy eating habits join the Northern Virginia Whole Foods Nutrition Meetup group on Meetup.com.

Kimberly Hartke is the local Chapter Leader for the Weston A. Price Foundation, an international organization which promotes sustainable agriculture and educates consumers about the health benefits of organic and traditional diets. Contact Kimberly at [kimberly@nationalrealty.biz](mailto:kimberly@nationalrealty.biz).