

Greens! The Superfood for Superpowers!

by Delisa Renideo

**I'm Popeye the sailor man!
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I'm strong to the finish,
'Cause I eats me spinach.
I'm Popeye the sailor man.**

As a preschooler, I used to sing along with Popeye while watching him squeeze a whole can of spinach into his mouth on our old black-and-white TV. Immediately, his skinny arm would pop up into a big muscle. Wow! Powerful stuff, that spinach!

Popeye was a real motivator for me at that age. I gladly poured spinach into my own mouth and was convinced I was stronger for it. I would also tie a large towel around my neck like a cape, paint a big red lipstick S on my bare chest, and jump out our first-floor windows. Supergirl! I figured that spinach could only help my superpowers.

I'm a little more restrained now, unfortunately, but still convinced that greens give us superpowers. Of all the foods we eat, greens contain the most nutrients per calorie. In other words, they are the most nutrient-dense foods on the planet. The more of them we eat, both raw and cooked, the more we will achieve nutritional excellence AND lose weight until we achieve our

healthiest weight.

Spinach is only one variety of amazing greens. Lettuce, bok choy, turnip greens, collard greens, beet greens, mustard greens, Swiss chard, and kale all fit into this category.

Kale is my new favorite -- I don't think Popeye knew about kale or he would have been singing, "I'm strong as a whale, 'cause I eats me kale." It's at the top of the charts of nutrient density, and oh, so yummy!

Green leafies are a great source of protein, fiber, calcium, iron, Vitamins K, C, E, and A, among others. They are loaded with phytonutrients like beta-carotene and lutein. Eating all these nutrients in the leafy greens, as opposed to in supplement form, has been shown to promote health in all parts of our bodies. Greens help prevent cancer, heart disease, osteoporosis, arthritis, macular degeneration and cataracts.

Raw greens are delicious in salads, of course, but also try blending them with fruit to make green super-smoothies. Refreshing, nourishing, and delicious! Try eating greens lightly steamed, added to soups and casseroles, in stir-fries, and even on pizza. The more greens you eat, the more you'll develop those superpowers. Go for it!



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