

Healthy Eating



Spring clean your diet with green eating

Bright emerald green is symbolic of spring and food bursting with flavor and nutrients. Spring “clean” your diet, suggests Kari Kooi, a registered dietitian at The Methodist Hospital in Houston. She recommends these 5 green powerhouse foods:

- **Asparagus:** These green spears offer a bounty of nutrients. Asparagus is high in an antioxidant that can help reduce skin damage from the sun. Also, asparagus contains the most folate of any vegetable. Folate plays a vital role in heart health and the prevention of birth defects.
- **Avocado:** Add some thin slices of smooth avocado to your sandwich or salad without feeling guilty. The monounsaturated fat in avocado is what’s mostly responsible for avocado’s super-food status. This type of happy fat can help drive down levels of bad cholesterol.
- **Brussels sprouts:** These baby cabbages are loaded with antioxidants and filling fiber. A cruciferous vegetable, Brussels sprouts contain powerful cancer-fighting sulfur compounds that are responsible for their pungent aroma. These green vegetables take on a whole new flavor and crispy texture when roasted in the oven.
- **Kale:** This beautiful ruffled green is being called “the queen of greens.” Kale is brimming with eye-nourishing phytochemicals that have been shown to prevent macular degeneration (vision loss) and cataracts. Kale is a better source of calcium than spinach.
- **Kiwifruit:** Rich in vitamin C, potassium, and fiber, kiwis make a perfect portable snack. Just slice a kiwifruit in half and scoop out the emerald sweet and tart flesh with a spoon.

