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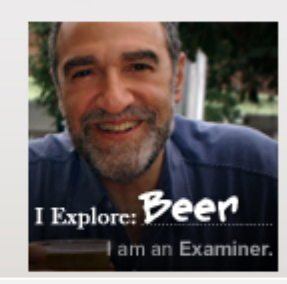
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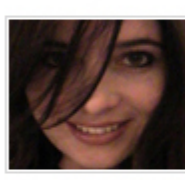
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Eat green for your health this St Patrick's Day

March 14, 8:13 AM · [Add a Comment](#)

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In honor of St Patrick, how about serving up a menu of green foods.



Gloria Tsang, registered dietitian and founder of [HealthCastle.com](#), says "green foods offer some of the most potent health benefits of any food color group. Green foods are simply packed with powerful antioxidants, which have been shown to help prevent cancer, diabetes, and heart disease." She shared these ideas with me to get some green in your diet for St Patrick's Day...

- **Use spinach in your salad:** Spinach is an excellent source of vitamins, plus manganese, folate, magnesium, iron, calcium, and potassium. Even better, researchers have already identified at least 13 different kinds of health-promoting flavonoid compounds in this green super food.
- **Use avocado as a spread – or throw some in your soup:** Avocado's creamy texture comes from monounsaturated fat (MUFA) – the good kind of fat, which helps lower LDL (bad) cholesterol, and increase HDL (good) cholesterol. It's loaded with heart-healthy potassium, too.
- **Put some bok choy in your stir-fry:** This Chinese favorite bok choy is packed with Vitamins A and C, iron, calcium, and phytonutrients. Plus, it's very filling, high in fiber, and low in calories.
- **Have a kiwi for dessert:** On its own or in a fruit salad, kiwi is a sweet green treat that packs serious nutrition punch. It has more antioxidant Vitamin C than an orange, and more heart-healthy potassium than a banana.
- **Sip on green tea:** Green tea contains high levels of antioxidant polyphenols, and studies have demonstrated that green tea may protect against developing cancer and heart diseases. Best of all, it's calorie-free! Remember, green tea is filled with caffeine, so opt for decaf if you're pregnant or if you want to serve this beverage up for children. Read more about tea and tots [HERE](#).

For more St Patrick's Day ideas, check out the rest of my stories filed under St Patrick's Day!

More About: St Patricks Day

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