


LETTUCE

LETTUCE TALK ABOUT LETTUCE

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Did you know there are a variety of different types of lettuce? Each type with slightly a different texture, ranging from dense to curly, along with an array of hues. The most common types of lettuce include: butterhead (e.g. Bibb, Boston), loose leaf (e.g. Red leaf, Green leaf), iceberg (AKA crisphead), romaine (AKA cos).

Nutrition

At **only 10 calories** per 1 1/2 cup shredded, lettuce packs a lot of nutrition! To obtain more nutrients and antioxidants, select lettuce with darker color.

- **Vitamin K**- All lettuce types listed above are an excellent source. Vitamin K assists with blood clotting and the healing of wounds. Vitamin K also works together with calcium in supporting bone health.
- **Vitamin A**- Excluding iceberg, all lettuce types listed above are an excellent source. Vitamin A plays a role eye and skin health, additionally, it's important in supporting immune health to help protect against infections.
- **Folate**- Butterhead and romaine are a good source. Folate helps red blood cells form and reduces the risk of neural tube defects in pregnant woman.
- **Vitamin C**- Green leaf and butterhead are a good source. Vitamin C plays a role in the healing of wounds, along with the health of teeth and gums.

Storage & Use

- Wash and dry using paper towel. Store in refrigerator for 1 week in a sealed plastic bag.
- USDA Dietary Guidelines & MyPlate recommend adults consume 2 1/2 - 3 cups of vegetables per day. Note- 1 cup of leafy greens is equivalent to a 1/2 cup serving towards the daily vegetable recommendation.
- Consider using lettuce as a sandwich/taco wrap. Sturdier lettuce (e.g. romaine & iceberg) can be stir-fried/sauteed, and grilled!
- To absorb the fat-soluble vitamins, A & K, make a homemade salad dressing using an unsaturated fat such as olive oil.

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