

# Mission In Motion

Health & Wellness  
Tip of the Week  
Week 22



May 27, 2013

Go for the greens! Get the most out of leafy green vegetables by choosing the darkest greens (and red, too)—these are the ones that have the most beta carotene and other vitamins, nutrients and phytochemicals. Your best bets are spinach, kale, arugula, turnip greens and mustard greens. If you tend to use iceberg, Boston or bibb lettuce, you might want to try another green or mix your old favorites with other more nutritional greens.

*Source: University of California, Berkeley Wellness Letter*

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