

# TIP OF THE WEEK



**LivingWell**  
make it a priority  
THE UNIVERSITY of TEXAS SYSTEM

## Eat Green for St. Patrick's Day

Greens are one of the healthiest foods you can add to your diet. They are low in calories but full of vitamins, minerals, and fiber that are all great for your body.

Here are just a few of the meals that you can add some extra greens to this week:

**Pizza** - broccoli, green peppers, olives

**Sandwiches** - lettuce, cucumber

**Soup** - spinach, celery, herbs

**Smoothies** - kale, spinach, green apple

**Spaghetti** - green peppers or zucchini

Or....just serve green veggies on their own, as a salad, side dish, or cut up and paired with your favorite dip. Enjoy!

**Have an extra GREEN St. Paddy's Day!**