

Healthy Habits

from Prime of Life Fitness

An Ode to Asparagus

Are you getting the recommended number of servings of fruits and vegetables in your diet? The latest recommendations from the USDA and HHS suggest that women over fifty should be eating 1.5-2 cups of fruit per day and 2-2.5 cups of vegetables per day, depending on how active you are.

One of my favorite veggies is asparagus, and it's in season (which means it's at its most delicious and nutritious) right now. Here's why I love asparagus. A one cup serving:

- has only 40 calories and no fat
- supplies all the vitamin K you need for the day
- is a great source of Folate and B vitamins
- is also a good source of selenium, copper and vitamins C and E
- has a unique, delicious flavor.



Asparagus is easy to steam on the stove or in the microwave, but I love it lightly grilled with a mustardy vinaigrette (just be aware that a vinaigrette adds calories and fat).

Asparagus is a hardy perennial, so if you plant it in your garden, you'll get to feast on this awesome vegetable every spring.

Action Item: Try a new asparagus recipe this weekend, and congratulate yourself for making such a healthy food choice!



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