

When I was a kid, I used to watch Popeye cartoons. I don't know if they even air any longer, but hopefully, you know who I am discussing. Also, the comedian, Robin Williams played the character in a movie. Anyway, Popeye would gain his strength from eating spinach. It is a food I eat quite often, and I wanted to cover it in this month's article. So, SPINACH, is the topic of the month.

Spinach was thought to have originated in Iran, making its way to China, then Europe, and finally landing in the USA.

It is a green, leafy vegetable which provides a great number of nutrients with healthy benefits for your body. In fact, the term used is called Phyto Nutrient, which means plant-based nutrient. Let's look at two categories of Phyto Nutrients; Flavenoids and Carotenoids. For simplicity, let's say they do good things for your body.

Flavenoids, from the Latin translation, means yellow. It is a class of plant secondary metabolites.

Carotenoids are naturally occurring pigments found in plants. Carotene, for example, is classified as a Carotenoid. Now, let us get down to the part of how spinach helps the human body.

Spinach extracts have been shown to retard the growth of stomach cancer and cell division in cancers of the skin and prostate, too.

It has also been demonstrated to reduce inflammation, especially in the Gastro-Intestinal Tract.

Spinach has anti-oxidant properties. Please go back to my first article if you need refreshment on some of these terms. It contains Vitamin C, E, Beta-Carotene, Magnesium, Zinc, and Selenium. This potent food can lower the risk of problems associated with oxidative stress, especially atherosclerosis, or hardening of the arteries, and hypertension, or high blood pressure.

Carotenoids, such as Lutein and Zeaxanthin serve as primary anti-oxidants of the eye, and may play a role in prevention of eye-related diseases.

BONE HEALTH-Vitamin K, Calcium, Magnesium, Manganese

HEART HEALTH-Folate, Potassium, and Vitamin B6

ENERGY-Iron, Vitamin B2

Free Radical Scavengers-Vitamins A and C

Spinach is a great source of fiber, protein, phosphorus, Calcium, Zinc, Vitamins, and Omega Three Fatty Acids (Remember the last article?)

A few tips and a couple of simple recipes to enjoy Spinach:

Buy spinach with a vibrant, deep green color and stems containing no yellow color.

Avoid slimy, wilted, or bruised spinach.

I eat and therefore recommend; Organic Pre-Washed Baby Spinach.

Now, here are a couple of easy recipes and ways to eat spinach. Please remember, spinach is truly good for you, and we'll make it taste great. Don't knock it til you try it.

Pro Bites Spinach Salad

Place a handful of spinach in a bowl and use Chili Nacho Pro Bites as croutons. I recommend Lite Champagne Dressing, but any dressing of your choosing will suffice. This way, you enjoy the healthy benefits of both foods, which provide vital nutrients for your body. It is simple, easy, quick, and tastes great.

Don't gag at this next suggestion. It is different, but a tasty way to enjoy spinach.

Here goes:

Green Spinach Smoothie

Place a handful of spinach, orange juice, half a banana, and ice into a blender. If you don't want it green, add blueberries or any other dark berry. Turn on the blender, and Voila, you have just made a very healthy Spinach Smoothie.

Both of these recipes are simple ways to avoid empty calories, and give your body what it needs.

As I stroll down Memory Lane, I will leave you with lyrics from the song, POPEYE, THE SAILOR MAN:

I'm strong to the "Finich"
Cause I eats me Spinach
I'm Popeye, the Sailor Man

Please give both recipes a try, and let me know your thoughts. Who knows, you may end up with Olive Oyl!

Thank you.

Dr. Steve

Steven L. Snodgrass is a surgeon who created his Pro Bites soy protein snacks. He works with athletes and patients to help them meet their special physical and nutritional needs.

Visit www.probites.com to learn more.

Email Dr. Steve at drsteve@insightbb.com