

PantryPress



Spinach and Egg Breakfast Burrito

Serves: 3

Ingredients

3 whole grain tortillas
1/3 Tablespoon butter
1 can spinach, rinsed and drained
5 eggs
Salt and pepper to taste
½ cup salsa (optional)

Directions

1. Open can of spinach and drain liquid. Rinse and repeat. Squeeze out as much liquid as possible.
2. Sauté spinach in skillet with a small amount of butter for 2-3 minutes. Add eggs and scramble them in the same skillet until you have reached desired consistency. Salt and pepper to taste.
3. 3Warm tortillas and assemble into burritos. Top with salsa (optional) and serve warm.

Nutrition Info

320 Calories
15g Fat
30g Carbohydrates
18g Protein
557 mg Sodium

Related Links:

<https://www.cdc.gov/womens-health/index.html>
<https://www.goredforwomen.org/en/>

Women's Health

May is Women's Health Month! Taking care of your body starts with what you eat. Good nutrition gives you energy, keeps you healthy, and helps you feel your best every day! The good news is that making nutrition a priority doesn't have to be hard or expensive. Check out the tips below to help make better food choices that will give your body what it needs to take on your busy day!

Why it Matters

Women have special nutrition needs at every stage of life. From teens to seniors, eating a balance plate can help you have more energy throughout the day and keep your bones strong. Eating well will also lower your risk of getting sick and can improve your overall mental and emotional well-being.

Key Nutrients

Calcium – Keeps bones and teeth strong. Look for low-fat dairy products such as milk, yogurt, cheese. If you have a stomach that is sensitive to dairy, try canned fish with bones like salmon and sardines or leafy greens like kale and collard greens.

Vitamin D – Helps your body absorb calcium. Take a 10-minute walk outside in the sunshine, be sure to practice safe sun exposure. Fatty fish such as salmon, mackerel, trout, and sardines are a good source of vitamin D as well. Be sure to talk with your doctor about checking your vitamin D levels if they haven't already.

Iron – Helpful for fighting fatigue and important during pregnancy. Choose foods from the legume category such as lentils, white beans, kidney beans, and chickpeas. Don't forget about nuts and seeds! Meat and seafood are also good sources of iron. Look for leafy greens such as spinach. Sometimes cereals, pastas, and breads will be fortified with iron.

Folate – Also important during pregnancy and supports heart health. Select dark leafy green vegetables such as broccoli, asparagus, or brussels sprouts. Folate is also found in legumes like lentils, chickpeas, and black-eyed peas. At breakfast time, crack an egg or grab a citrus fruit on the go to add more folate to your diet.

Fiber – Keeps you feeling full and helps with digestion. Always include a fruit or vegetable with every meal, bonus points for including more than one! Split peas, lentils, black beans, pinto beans, and chickpeas are among the highest sources of fiber. Look for whole grains such as oatmeal, quinoa, and bran. Adults should aim to have about 25-30 grams of fiber a day.

Quick Wins: Easy Ways to Eat Better

- Add one extra vegetable to your dinner plate tonight
- Swap a sugary drink for water or herbal tea
- Keep snacks in your bag or backpack like nuts or dried fruit
- Cook at home more, even if it is just two extra nights a week
- Try a new food or recipe

Marion County Public Health Department
NUTRITION SERVICES



Indiana
Department
of
Health

