

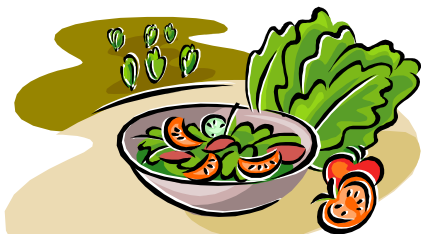
# Shopper's Guide

## Selection

- Handle lettuce carefully in selection, storage, and preparation to avoid damage. Damage can affect the taste and texture of lettuce as well as the nutritional value.
- Iceberg and Romaine lettuce leaves should be crisp. Other lettuce types will have a softer texture, but the leaves should not be wilted.
- In most varieties, look for a good, bright color (light to medium green). Some varieties of lettuce, like Red Leaf, have red leaves.
- Avoid lettuce that brown, wilted, or slimy

## Storage

- Do not store salad greens near fruits like apples or bananas. This can cause brown spots on the lettuce leaves and cause spoilage faster. Washing the lettuce before storing also causes spoilage.
- Slicing lettuce with a knife can cause the lettuce to become brown. So when using a knife to chop lettuce, eat the lettuce within a few days.
- Remove any insects in greens that are bought in bunches.
- Place those leaves with roots in a glass of water with a bag over the top of the leaves and then place the glass in the refrigerator.



# Recipe Collection

## Main Dish Salad

Makes 6 servings

### Ingredients:

- 1/2 head romaine lettuce
- 1/2 head red cabbage
- 3 medium carrots
- 1 cucumber
- 1 green pepper
- 2 stalks of broccoli
- 3 medium tomatoes
- 32 ounces canned kidney beans or garbanzo beans
- 6 ounces cheese
- 1/4 cup nonfat salad dressing

### Instructions:

1. Wash and drain all vegetables well.
2. Thickly slice red cabbage and tear lettuce into pieces. Toss them in a large serving bowl.
3. Chop the remainder of vegetables and add them to the salad bowl. Drain and add kidney beans. Top with cheese.
4. Pour on the salad dressing just before serving and toss together lightly.

### Nutrient Data

Nutrient Analysis for 1 cup Main Dish Salad: Calories 140, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 5 mg, Protein 10 g, Carbohydrate 21 g, Dietary Fiber 6 g, Sugar 5 g, Sodium 320 mg, Vitamin A 60%, Vitamin C 70% mg Calcium 15%, Iron 10%

# Lettuce



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# What's So Great about Lettuce?

- Most greens are good sources of vitamin C, beta-carotene, iron, calcium, folate, and fiber. Generally, the darker the green, the more nutritious the leaf.
- Lettuce is low in calories and sodium. All varieties are free of fat and cholesterol.
- Lettuce is inexpensive and available year-round.

## Lutein

Lutein is a natural substance found in brightly colored fruits and vegetables, including green leafy vegetables. Lutein is also found in the retina of the eye. Some studies have shown eating foods with lutein may protect against some age-related eye disorders. Of the lettuce varieties, Romaine lettuce is the best source of lutein.

## Nutrition Information for 1 ½ cups Green Leaf Lettuce

<b>Nutrition Facts</b>	
Serving Size 1 1/2 cups shredded Lettuce: Green Leaf (85g)	
Amount Per Serving	
<b>Calories 15</b>	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 30mg	1%
<b>Total Carbohydrate 4g</b>	1%
<b>Dietary Fiber 2g</b>	8%
Sugars 2g	
<b>Protein 1g</b>	
<b>Vitamin A 40%</b>	Vitamin C 6%
Calcium 4%	* Iron 0%

Key nutrient facts are circled in **green**.

## Varieties

Lettuce varieties can be put into four groups: romaine, butterhead, crisphead and looseleaf. Each group has its own growth and taste characteristics.

### Romaine



Also known as Cos, this lettuce has a long shape with darker outer leaves. The tight, inner leaves are good in salad because of the light, mild taste.

### Butterhead



Varieties of Butterhead include Boston lettuce (which looks like a blooming rose) and Bib (which has a small cup-shaped appearance). This variety of lettuce has loose heads, grassy green-colored leaves, buttery texture, and a mild flavor.

### Crisphead



The most popular type of Crisphead is Iceberg lettuce, which is known for its crispy leaves and mild flavor. The pale green lettuce looks like cabbage with its leaves packed together. Crisphead Lettuce has less Vitamin A than other types of lettuce, which is why it may be a good idea to mix Crisphead lettuce with other salad greens.

### Looseleaf



Looseleaf variety does not grow to form lettuce heads. Instead, it has loose leaves with curly edges joined at the stem. The flavor of Looseleaf is light and mild. Common types are Oak Leaf, Red Leaf, and Green Leaf.