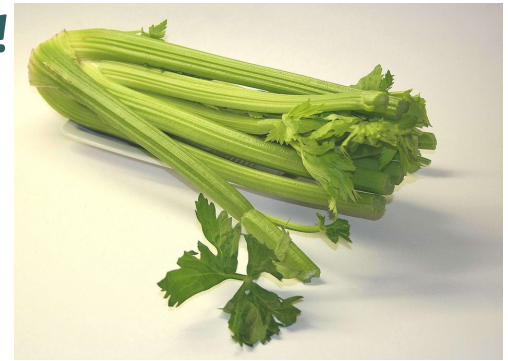


# APRIL NUTRITION NEWSLETTER

## APRIL IS NATIONAL CELERY MONTH!

That's right! This month we are taking a look at this crispy, crunchy vegetable and the health benefits may surprise you!



### Nutrition:

- It's made up of 95% water, so it's very hydrating!
- It's a good source of Vitamins A, C and K and potassium.
- Contains 15 calories per cup.
- It may help with constipation due to it's fiber content.
- It's filled with antioxidants and phytochemicals!

### Tips To Incorporate Celery:

- Try with seasoned cream cheese, chicken salad or hummus.
- A side "salad" of sliced celery, grapes and walnuts, topped with a lite vinaigrette, would compliment any meal.
- Add celery leaves into your salads.
- Go for the classic: peanut butter and celery sticks (don't forget the raisins!).
- Add to soups or a stir fry. Whether you're cooking with chicken, beef or beans, celery will boost texture and flavor.

Be sure to add celery to your shopping list this month!

**Fun Fact:**  
*Celery was used as an ancient "bouquet of flowers", to reward winners of athletic games in Ancient Greece.*

