NEP Nutrition Education Program

University of Nebraska Lincoln EXTENSION

Selection:

Choose lettuce heads that have fresh, clean outer leaves, and compact inner leaves. Choose lettuce leaves that are closely bunched, fresh-looking, and crisp. Avoid leaves with brown edges.

Storage:

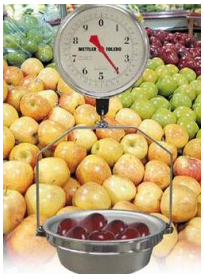
Rinse lettuce thoroughly upon purchase and dry on paper towels. Place in a plastic bag and refrigerate for up to 1 week.

Refrigerator: Up to 1 week

Use:

Remove any browned, slimy, or wilted leaves. Lettuce is generally eaten raw but can also be braised, steamed, sautéed, or grilled.

Digital Scale:
The number on the screen = Total Weight



Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Lettuce is typically sold in pre-packaged amounts. If it is sold per pound, place the amount of lettuce you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Lettuce

Use this table to find the total cost.
Example: What is the total cost for 1.5 lbs of lettuce at $1.49 per lb? **1.5 lbs x $1.49 = $2.24**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
$ 0.49	$0.49	$0.74	$0.98	$1.23	$1.47	$1.72
$ 0.59	$0.59	$0.89	$1.18	$1.48	$1.77	$2.07
$ 0.69	$0.69	$1.04	$1.38	$1.73	$2.07	$2.42
$ 0.79	$0.79	$1.19	$1.58	$1.98	$2.37	$2.77
$ 0.89	$0.89	$1.34	$1.78	$2.23	$2.67	$3.12
$ 0.99	$0.99	$1.49	$1.98	$2.48	$2.97	$3.47
$ 1.09	$1.09	$1.64	$2.18	$2.73	$3.27	$3.82
$ 1.19	$1.19	$1.79	$2.38	$2.98	$3.57	$4.17
$ 1.29	$1.29	$1.94	$2.58	$3.23	$3.87	$4.52
$ 1.39	$1.39	$2.09	$2.78	$3.48	$4.17	$4.87
$ 1.49	$1.49	$2.24	$2.98	$3.73	$4.47	$5.22
$ 1.59	$1.59	$2.39	$3.18	$3.98	$4.77	$5.57
$ 1.69	$1.69	$2.54	$3.38	$4.23	$5.07	$5.92
$ 1.79	$1.79	$2.69	$3.58	$4.48	$5.37	$6.27
$ 1.89	$1.89	$2.84	$3.78	$4.73	$5.67	$6.62
$ 1.99	$1.99	$2.99	$3.98	$4.98	$5.97	$6.97

Know how. Know now.

IANR

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

Nutrition:

1½ cups shredded Lettuce

Nutrition Facts	
Serving Size 1½ cups shredded (85g)	
Amount Per Serving	
Calories 15	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 130%	Vitamin C 6%
Calcium 2%	Iron 4%

Nutrition facts labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrition content.

The nutrition facts label shown here is for 1½ cups shredded lettuce.

Recipe:

Sweet and Sour Leafy Green Salad

Preparation Time: 30 minutes
Serves 4
Cups of Vegetables per Serving:1½

Ingredients:

5 cups Romaine lettuce leaves, torn into small pieces
3 cups spinach leaves
2 cups mushrooms, sliced
2 oranges, peeled and sliced
1 cup pitted prunes, halved
½ cup red onion, sliced
½ cup nonfat honey-mustard dressing
¼ to ½ teaspoon black pepper, coarsely ground

Preparation:

1.) Toss all ingredients in a large bowl.

Nutrition Information per Serving:

Calories 210, Total Fat 0g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 230 mg, Carbohydrates 50 g, Dietary Fiber 6 g, Protein 4 g.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.