

*Dark green leafy vegetables*

ARE AN EXCELLENT SOURCE OF **FIBER**, **FOLATE** (GENERAL TERM FOR WATER SOLUBLE B VITAMINS), AND **CAROTENOIDS**

**FIBER** lowers cholesterol levels...help control blood sugar levels...aids in achieving healthy weight... helps maintain bowel health.



More **CALCIUM** than a bottle of milk!

**CAROTENOIDS**

HELP PLANTS ABSORB SUNLIGHT AND ACT AS AN ANTIOXIDANT IN HUMANS

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# BENEFITS OF DARK LEAFY GREENS



## Good source of nutrients...

Besides, fiber, folate, and carotenoids, dark leafy green vegetables also contain vitamin C (a powerful antioxidant which helps the body form and maintain connective tissue, including bones, blood vessels, and skin) and vitamin K (which helps with blood clotting and is also absolutely essential to building strong bones, preventing heart disease, and crucial parts of other bodily processes). Dark greens are also contain the minerals iron and calcium.

**FOLATE** helps make and repair DNA and produce red blood cells. Because folate is water soluble, it is not a vitamin that can be stored in the fat so we should eat folate foods every day. Lack of folate can cause anemia.

## Key Points...

- Because of the vitamins, minerals, and carotenoids present, these greens act as an antioxidant in the human body.

The substances in greens remove free radicals from the body before they can become harmful.

Free radicals are unstable molecules that can damage the cells in your body. They often occur as the result of normal metabolic processes -- when your body uses oxygen, it creates free radicals as a by-product, and they may cause damage to the cells of the body. This process is called 'oxidative stress.' Outside chemical factors from the environment may also cause oxidative stress.

- Compounds present in dark green leafy vegetable can inhibit the growth of certain types of cancer.

Some research has found the carotenoids in dark green leafy vegetables can stop the growth of certain types of breast, skin, lung, and stomach cancer. There is evidence to suggest that foods containing folate (a group of B vitamins, especially B9) decrease the risk of pancreatic cancer. Foods containing dietary fiber reduce the risk of developing colorectal cancer.

- The body needs a little dietary fat to absorb the carotenoids and vitamin K (a fat-soluble vitamin) present in green leafy vegetables.

People who try to avoid dietary fat and subsist on dry salads or salads with low-fat dressings miss out on the health benefits from the greens, which require some fat to unlock the body's ability to take advantage of the nutrients present.

- A healthy food plan means you eat greens at *every* meal... breakfast, lunch and dinner.

## Types of dark green leafy vegetables:

- Arugula
- Spinach
- Kale
- Collard greens
- Swiss chard
- Chicory

## *Favorite Greens*



**Dandelion Greens:** considered a powerful healer in folk medicine. They contain 35% of RDV of vitamin K for healthy bones and help vs. Alzheimer's. Great source of vitamin A (antioxidant) with a flavonoid that protects the retina from UV rays; others protect vs. lung and mouth cancers. About 12 other nutrients not named!



**Rainbow Chard:** an excellent way to get vitamins A and K. Vitamins C and E (powerful antioxidant) are present in high concentrations. Rainbow chard is packed with iron, magnesium, manganese, and copper. In addition, it is full of polyphenols which may lower the risk of heart disease, diabetes & a host of other conditions.