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(tossed raw into hot foods)

- Can be eaten raw, slightly steamed or just wilted and protect skin from UV damage
- Chlorophyll and other nutrients protect eyesight, reduce inflammation pressure regulation; highest iron of all the leafy greens
 - High in calcium, potassium and vitamin K for bone health and blood
 - Antioxidants like beta-carotene, vitamin C, B vitamins for energy
 - **Nutrients in Spinach**

• 23 Calories, 3 grams protein, 2.2 grams fiber, 0 fat, no cholesterol One cup of raw or 1/2 cup cooked spinach provides:

The Health Benefits of Spinach

bone health.

Healthy

Foods &

Lifestyles

improve circulation and support cancer, reduce blood pressure, blood sugar control, lower risk of with nutrients that can improve Spinach is a super food packed

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