



www.woahcco.com/lifestyle/

- 23 Calories, 3 grams protein, 2.2 grams fiber, 0 fat, no cholesterol
- **One cup of raw or 1/2 cup cooked spinach provides:**
- Antioxidants like beta-carotene, vitamin C, B vitamins for energy
- High in calcium, potassium and vitamin K for bone health and blood pressure regulation; highest iron of all the leafy greens
- Chlorophyll and other nutrients protect eyesight, reduce inflammation and protect skin from UV damage
- Can be eaten raw, slightly steamed or just wilted (tossed raw into hot foods)

The Health Benefits of Spinach



Spinach

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



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