Kale

The Health Benefits of Kale

Kale is one of the most nutritious foods we can eat. It is rich in powerful antioxidants that protect against cancer and heart disease.

One cup raw or 1/2 cup cooked kale provides:

- 34 Calories, 2 gm protein, 1.3 gm fiber, .5 gm fat, no cholesterol

Nutrients in Kale

- High in vitamins C and K, which protect against free radicals, improve blood flow and fight inflammation; high beta-carotene supports eye and skin health

- Great source of sulforaphane that helps prevent cancer

- High in magnesium and potassium that regulate blood pressure and maintain heart rhythms; raw kale supports healthy arteries

- Sprinkle curly kale with lemon juice and massage until it is half its volume and bright green. This makes the leaves tender and removes any bitterness; Russian kale is already sweet & tender

For more information, visit our website:
www.advancedhealth.com/healthy-bytes-initiative

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