



Arugula

Health Benefits of Arugula

Also known as “Rocket,” this leafy vegetable is tender and tangy. It is a member of the cruciferous family (broccoli, cabbage, kale and Brussels sprouts) known for its high nutrient content.

1 cup raw arugula provides:

- 5 Calories, 0.6 gm protein, 0.4 gm fiber, 0.2 gm fat, no cholesterol

Potential benefits of consuming arugula:

- Contains antioxidants beta-carotene, vitamin C and vitamin K which fight inflammation, aging and disease
- Good source of calcium and vitamin K, which work together to build bone, reducing the risk of bone fracture
- Contains Sulphur substances like sulforaphane, found to slow progression of cancer cell growth
- High potassium helps to control blood pressure and magnesium is important for maintaining heart rhythm
- Add to salads, sandwiches, dips, pesto, soups or side dishes

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