

- 9 Calories, 1 gm protein, 1 gm fiber, 0.1 gm fat, no cholesterol
- 1 cup raw or 1/2 cup cooked Bok choy provides:**
- Potential benefits of consuming Bok choy:**
  - Powerful antioxidants lutein, beta-carotene, vitamin C, quercetin and more fight free radicals and reduce inflammation to prevent chronic disease
  - Contains critical minerals calcium, zinc, iron, and magnesium that can improve bone density and prevent osteoporosis
  - Folate and vitamin B6 protect against anemia and birth defects
  - As a cruciferous vegetable, it contains compounds, mostly in the stalks, which may reduce risk of cancer and tumor growth
  - Choose bunches with firm stalks and crisp leaves. Wash dirt from between leaves. Use both stems and leaves
  - Shred raw for salads, chop into stir fry, grill, steam, or toss in soups or stews

## Health Benefits of Bok Choy

1 cup raw or 1/2 cup cooked Bok choy provides:

Bok choy is a type of Chinese cabbage that can build strong bones, improve blood circulation and provide compounds that can prevent chronic disease.



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