

Brought to you by Oregon State University Extension & Advanced Health

#### www.advancedhealth.com/healthy-bytes-initiative

- Best suited to cooking. Remove skin and bake, roast, boil, steam, or microwave. Combine with other vegetables for soup, stew or stir fry
  - Contains an enzyme which helps detoxify drugs
    - տերաշ
- mood and hunger regulation
   Potassium and magnesium help lower blood pressure and regulate heart
  - inflammation; Glucosinolates combat cancer

    Contains tryptophan, melatonin and serotonin which all aid in sleep,
  - blood sugar control

     Antioxidants vitamins C, E, lutein and beta-carotene all protect against
- Low calorie and good source of dietary fiber which aids in digestion and
  - Potential benefits of consuming rutabaga:
  - 66 Calories, 2g protein, 3g fiber, no fat, no cholesterol

# Health Benefits of Rutabaga 2 cup chopped rutabaga provides:



A root vegetable part of the cruciferous family, its flavor is a cross between a turnip and a cabbage. Both the roots and leaves are edible.

Rutabaga



Brought to you by Oregon State University Extension & Advanced Health

#### www.advancedhealth.com/healthy-bytes-initiative

 Best suited to cooking. Remove skin and bake, roast, boil, steam, or microwave. Combine with other vegetables for soup, stew or stir fry

- Contains an enzyme which helps detoxify drugs
- mood and hunger regulation

   Potassium and magnesium help lower blood pressure and regulate heart
  - inflammation; Glucosinolates combat cancer
     Contains tryptophan, melatonin and serotonin which all aid in sleep,
  - Antioxidants vitamins C, E, lutein and beta-carotene all protect against
- Low calorie and good source of dietary fiber which aids in digestion and blood sugar control
  - Potential benefits of consuming rutabaga:
  - ▲ cup chopped rutabaga provides:
     ♦ 66 Calories, 2g protein, 3g fiber, no fat, no cholesterol

## Health Benefits of Rutabaga



A root vegetable part of the cruciferous family, its flavor is a cross between a turnip and a cabbage. Both the roots and leaves are edible.

Rutabaga

# Rutabaga

A root vegetable part of the cruciferous family, its flavor is a cross between a turnip and a cabbage. Both the roots and leaves are edible.



## **Health Benefits of Rutabaga**

- 1 cup chopped rutabaga provides:
- 66 Calories, 2g protein, 3g fiber, no fat, no cholesterol

#### Potential benefits of consuming rutabaga:

- Low calorie and good source of dietary fiber which aids in digestion and blood sugar control
- Antioxidants vitamins C, E, lutein and beta-carotene all protect against inflammation; Glucosinolates combat cancer
- Contains tryptophan, melatonin and serotonin which all aid in sleep, mood and hunger regulation
- Potassium and magnesium help lower blood pressure and regulate heart rhythms
- Contains an enzyme which helps detoxify drugs
- Best suited to cooking. Remove skin and bake, roast, boil, steam, or microwave. Combine with other vegetables for soup, stew or stir fry

#### www.advancedhealth.com/healthy-bytes-initiative



# Rutabaga

A root vegetable part of the cruciferous family, its flavor is a cross between a turnip and a cabbage. Both the roots and leaves are edible.



### **Health Benefits of Rutabaga**

#### 1 cup chopped rutabaga provides:

66 Calories, 2g protein, 3g fiber, no fat, no cholesterol

#### Potential benefits of consuming rutabaga:

- Low calorie and good source of dietary fiber which aids in digestion and blood sugar control
- Antioxidants vitamins C, E, lutein and beta-carotene all protect against inflammation; Glucosinolates combat cancer
   Contains tryptophan, melatonin and serotonin which all aid in sleen
- Contains tryptophan, melatonin and serotonin which all aid in sleep, mood and hunger regulation
- Potassium and magnesium help lower blood pressure and regulate heart rhythms
- Contains an enzyme which helps detoxify drugs
- Best suited to cooking. Remove skin and bake, roast, boil, steam, or microwave. Combine with other vegetables for soup, stew or stir fry

### www.advancedhealth.com/healthy-bytes-initiative



Brought to you by Oregon State University Extension & Advanced Health

Brought to you by Oregon State University Extension & Advanced Health