



Eggplant

Health Benefits of Eggplant

A member of the nightshade family, this deep purple “vegetable” contains powerful disease-fighting compounds making it a great addition to a healthy diet. Eggplant is really a fruit.

1 cup raw or 1/2 cup cooked eggplant provides:

- 20 Calories, 1 gm protein, 3 gm fiber, 0 gm fat, no cholesterol

Potential benefits of consuming eggplant:

- Excellent source of antioxidants that protect against heart disease and cancer, particularly *anthocyanins* responsible for the color
- Contain vitamins B, C, E & K, minerals copper, magnesium, potassium and dietary fiber
- Powerful *polyphenol* antioxidants lower cholesterol, improve heart function and help lower blood sugars
- Contain *solasodine rhamnosyl glycosides* which could have potential uses in anticancer therapies, particularly skin cancers
- Contain *nasunin*, found to protect brain cell membranes and neutralize free radicals that can lead to aging and disease

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

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