



Okra

Health Benefits of Okra

Sometimes called *Lady's Fingers*, okra's mild flavor is similar to eggplant or green beans. It is low in calories, rich in antioxidants and a good source of fiber.

1 cup raw okra provides:

- 33 calories, 2 gm protein, 3 gm fiber, no fat and no cholesterol

Potential benefits of consuming okra:

- Contains anti-inflammatory antioxidants vitamin C, quercetin, beta-carotene, oxalic acid, catechins and flavonoids which fight chronic disease and aging
- B vitamin folate helps prevent birth defects, supports DNA and fights breast cancer risk
- Contains minerals iron, calcium, magnesium and potassium which contribute to bone, heart and blood pressure health
- High in soluble fiber which controls blood sugars, lowers cholesterol and feeds our healthy gut microbiome
- Lectin, a type of protein, may help reduce growth of cancer cells
- May be consumed raw, roasted, boiled, sautéed, fried or steamed



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