



# Rhubarb

## Health Benefits of Rhubarb

This Asian vegetable is rich in vitamins, minerals, antioxidants and fiber. The strong tart taste pairs well with sweet fruits, and is often added to jams, sauces or pies, but also works well in savory foods.

### **1-cup of raw diced rhubarb provides:**

- 26 calories, 1 gm protein, 2 gm fiber, no fat, no cholesterol

### **Potential benefits of consuming rhubarb:**

- High in vitamin K, essential for blood clotting and bone, muscle, and cartilage health
- Vitamin C boosts collagen which promotes wound healing, iron absorption for oxygen transport, and supports immune function
- Calcium in rhubarb improves bone density, and plays an important role in nerve signaling, circulation, and hormone release throughout the body
- Anthocyanin antioxidants balance the gut flora and protect against aging and disease and have antibacterial and antitumor properties
- Can be pickled and added to salads or sandwiches or mixed into sauces and marinades for a zesty & tangy twist



For more Healthy Bytes Initiative information, visit:  
[www.advancedhealth.com/healthy-bytes-initiative](http://www.advancedhealth.com/healthy-bytes-initiative)

Brought to you by Oregon State University Extension  
Family & Community Health and Advanced Health



**Oregon State**  
University

