

eat your GREENS

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Arugula inhibits cancer growth and improves immune defenses. It is an excellent choice for building healthy bones.



Collard greens help lower LDL cholesterol, regulate blood sugar, and combat osteoporosis. It also boosts the immune system against viral and bacterial infection.



Although lowest of all leafy greens nutritionally, iceberg lettuce combats anemia, heart disease, and age-related illnesses.



Kale is the most nutrient-dense green leafed vegetable. It aids in blood clotting, promotes healthy vision and retinal function, and fights cancer.



Mustard greens prevent arthritis and anemia, lower LDL cholesterol, battle the onset of heart disease, and offer protection against cancerous growths.



Romaine lettuce promotes heart health and prevents strokes, as well as cancer. It builds healthy bones, eyes, skin, and mucus membranes.



Spinach improves red blood cell function, strengthens bones, regulates heart rate and blood pressure, and combats free radicals.



Swiss chard helps maintain connective tissue, controls heart rate and blood pressure, as well as sugar levels. It prevents anemia and boosts immunity.



Turnip greens enhance collagen synthesis, build healthy bones, combat anemia, and boost immune defenses against cancer and illness.



Benefits of Green Tomato

- Beta Carotene for Eye Health
- Reducing the development of stones in the kidney
- Vitamin C for Strong Immune Function
- Vitamin K for Blood Clotting
- Hydrates the body
- Neutralize free radicals

Nutritive Value

- 23 kcal Energy
- 1.9 g Protein
- 0.1 g Fat
- 3.6 g Carbohydrate
- 20 mg Calcium
- 1.8 mg Iron

Good for You: Asparagus

FULL OF CHROMIUM:
Aids in the transportation of glucose to cells.

VITAMIN E:
Contains vitamin E, which helps strengthen your immune system.

RICH IN FIBER:
Keeps you feeling full and is good for digestion!

VITAMIN K:
Helps your body absorb calcium - great for your bones!

MOOD BOOSTER:
Studies find that folate helps to lift your spirits!

LOW CALORIES:
One cup is only 32 calories!

AMINO ACIDS:
A natural diuretic that flushes the body of excess salt, helps prevent UTIs, & can help with hangovers!

FOLIC ACID:
This is essential for women who plan to get pregnant as it can help protect against neural tube defects and reduce the risk of a premature birth.



Avocados contain nearly 20 essential nutrients, including fiber, potassium, vitamin E, vitamin C and multiple forms of vitamin B. Eating avocados is great for your heart health and vision, and lowers your risk of cancer and depression.

..... Eight Reasons TO EAT AVOCADOS

- 1 Helps lower bad cholesterol
- 2 Combats high blood pressure, a major risk factor for heart attacks and strokes
- 3 Protects the health of your retina, and helps prevent macular degeneration and cataracts
- 4 Promotes development of the brain and spinal cord in babies in the womb
- 5 Improves digestion and absorption of nutrients
- 6 Reduces inflammation
- 7 Fights depression
- 8 Helps protect against skin damage while promoting elasticity

GET THE MOST OUT OF YOUR FRESH PRODUCE WITH THESE AVOCA-DO'S AND AVOCA-DON'TS:

- Don't refrigerate avocados unless they are soft.
- To cut, pierce with your knife and rotate the knife completely around the avocado. Twist gently to pull apart.
- Once it's been cut, wrap the avocado tightly to preserve.
- Sprinkle avocado with lemon or lime juice to prevent browning.



- Boosts immune system
- Aids in improving digestion
- Helps to relax blood vessels and arteries
- Protects heart against clotting and atherosclerosis
- Reduces appearance of scars, acne and wrinkles
- Protects eyes against cataracts and macular degeneration
- Gives relief from gastrointestinal issues such as bloating, cramping and constipation

Nutrients*	Minerals*	Vitamins*
Dietary Fiber 13%	Manganese 50%	Vitamin K 66%
Protein 4%	Magnesium 14%	Vitamin C 35%
Carbohydrate 2%	Potassium 9%	Folate 22%
Calories 2%	Calcium 8%	Thiamin 13%

Caution: Avoid intake if suffering from kidney stone and gallstone

*% Daily Value per 100g. For e.g. 100g of okra (raw) provides 66% of daily requirement of vitamin K

Green Onion

✓ Cholesterol-Free ✓ Sodium-Free
✓ Sugar-Free ✓ Fat-Free
✓ Low-Calorie

An excellent source of vitamin K, vitamin C, as well as vitamin A and folate

4.8 CALORIES
0g FAT
1.1g CARBS
0.3g PROTEIN
0.4g FIBER

(per medium onion)

Leeks

Easier to digest than onions.

Rich in fiber. Anti-arthritis. Natural antiseptic.

Lowers blood pressure. Natural laxative.

Cancer fighting. Anti-oxidant.

Relieve the symptoms associated with flu, cold and hay fever. Can help fight anemia.

Aid digestion and reduce intestinal bloating. Aphrodisiac.

Prevent brain defects in babies. Help improve concentration and memory.

Cleanses the colon.