eat GREENS



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 nutrientdense 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

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FULL OF CHROMIUM:

Aids in the transportation of glucose to cells.

VITAMIN K:

Helps your body absorb calcium great for your bones!

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!

VITAMIN E:

Contains vitamin E, which helps strengthen your immune system.

RICH IN FIBER:

Keeps you feeling full and is good for digestion!

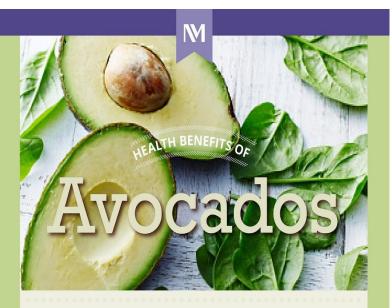
MOOD BOOSTER:

Studies find that folate helps to lift your spirits!

FOLIC ACID:

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

MOLLIE STONE'S



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

- Helps lower bad cholesterol
- Combats high blood pressure, a major risk factor for heart attacks and strokes
- Protects the health of your retina, and helps prevent macular degeneration and cataracts
- Promotes development of the brain and spinal cord in babies in the womb
- Improves digestion and absorption of nutrients
- Reduces inflammation
- Fights depression
- 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.

Northwestern

Health Benefits of Okra Organic & State



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*

Dietary Fiber 13% Protein 4% Carbohydrate 2% Calories 2%

Minerals*

Manganese 50% Magnesium 14% Potassium 9% Calcium 8%

Vitamins* Vitamin K 66% Vitamin C 35% Folate 22%

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





Anti-arthritic. Rich in fiber.

Lowers blood

pressure.

Cancer fighting.

Relieve the symptoms

associated with flu, cold and hay fever.

Aid digestion and

Natural antiseptic.

Natural laxative.

Anti-oxidant.

Can help fight

Aphrodisiac.

Help improve concentration and memory.

reduce intestinal bloating. Cleanses the colon. Prevent brain defects in babies.

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