

A Path to Whole Body Health

- ❖ Kale
- ❖ Arugula (rocket)
- ❖ Bok choy (Chinese chard)
- ❖ Collard greens (collards)
- ❖ Dandelion greens
- ❖ Spinach
- ❖ Swiss chard
- ❖ Mustard greens
- ❖ Rapini (broccoli rabe)
- ❖ Turnip greens



Dark, leafy greens like Arugula, Kale, Spinach, and Chard pack an Antioxidant Punch!

Arugula
(rocket)



Kale



*Unleash the
power of
green!*

JUST
ADD
TO



Spinach



Chard
(Swiss, Red,
Ruby or
Rhubarb)

Bok choy
(Chinese chard)

- ❖ SALADS
- ❖ STIR-FRY
- ❖ SMOOTHIES
- ❖ SANDWICHES
- ❖ SAUTEED IN A SIDE-DISH

FRESH FIRST!  **THEN FIGHTBACK!**



SCAN ME

FIGHTING INFLAMMATION

Nutrition Naturally!

Dark, leafy greens are vibrant and nutritious vegetables which offer an array of beneficial macro, micro, and phyto nutrients.



Everything the plants have that you want.

Arugula is a great source of Vitamins A, C, K, and several B vitamins. These vitamins play vital roles in supporting immune function, vision health, collagen synthesis, and energy metabolism.

Arugula (rocket)

Minerals: *Arugula* is a great source of calcium, potassium, magnesium, and iron. These minerals are involved in maintaining strong bones, regulating blood pressure, supporting muscle function, and facilitating oxygen transport in the body.

Minerals: *Spinach* is a fantastic source of minerals such as iron, calcium, potassium, and magnesium. These minerals contribute to the formation of red blood cells, bone health, nerve function, and muscle contractions.

Spinach

Spinach is a tasty source of Vitamins A, C, K, and several B vitamins (such as folate). These vitamins play essential roles in supporting immune function, vision health, blood clotting, and maintaining overall cellular health.

Kale is a natural source of Vitamins A, C, and K. These vitamins contribute to immune function, collagen synthesis, vision health, and blood clotting.

Kale

Minerals: *Kale* is an excellent source of calcium, potassium, magnesium, and iron. These minerals are essential for bone health, muscle function, nerve transmission and oxygen transport in the body.

Minerals: *Chard* is a rich source of magnesium, potassium, iron, and calcium. These minerals support bone health, muscle function, nerve transmission, and red blood cell production.

Chard

Chard is a good source of Vitamins A, C, E, and K, along with several B vitamins. These vitamins play crucial roles in immune function, vision health, antioxidant defense, blood clotting, and energy metabolism.



Unleash the
Power of
Green!

PHYTONUTRIENT HEALTH BENEFITS OF DARK LEAFY GREENS

- ❖ **Antioxidants:** beta-carotene, lutein and zeaxanthin (beneficial antioxidants)
- ❖ **Flavonoids:** quercetin and kaempferol (beneficial anti-inflammatories)
- ❖ **Glucosinolates:** potential anti-cancer properties and anti-inflammatories
- ❖ **Chlorophyll:** deep green color; phyto-nutrient with antioxidants

IMMUNE SYSTEM SUPPORT

ANTIOXIDANT PROPERTIES

Incorporating dark leafy greens into your diet can provide a nutrient-dense boost, supporting overall health, inflammation reduction, and disease prevention.