

FUEL UP WITH GREEN VEGETABLES!

This is the food most deficient in our diets!

GREENS are the #1 food you can eat regularly to improve your health!

DARK LEAFY GREEN VEGETABLES SUPPLY:

- Minerals (magnesium, calcium, iron and more)
- Vitamins
- Folic Acid
- Fiber
- Carotenoids
- Phytochemicals
- Micronutrients
- Antioxidants

WHY ADD MORE GREEN VEGETABLES TO YOUR DIET?

- Alkalizes the body (cancer prevention)
- Boosts immune system
- Increases circulation
- Enzymes promote better digestion
- Increased energy
- Cleans blood
- Helps liver, gall bladder and kidney function
- Reduces mucus

TYPES OF GREEN VEGETABLES

KALE

Most nutrient dense leafy green veggie
Aids in blood clotting, promotes healthy vision and fights cancer
Helpful for maintaining bone health
Helps body detoxify
Good source of Vitamins A, B6, C, K, folate, calcium, manganese, copper, potassium, and iron



BROCCOLI

Helps lower cholesterol
Anti-inflammatory benefits and helps your detoxification system
Great source of antioxidants
Helps prevent cancer
Good for the digestive system
Good source of fiber
Contains properties that enhance eye and skin health, and helps metabolize Vitamin D
Excellent source of Vitamin K, Vitamin C, Vitamin A and folate

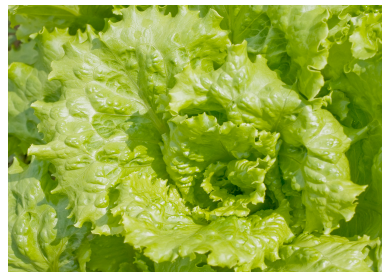
MUSTARD GREENS

Helpful at lowering total cholesterol
Good source of phytonutrients
Great for cancer prevention
Helps the body detoxify
Anti-inflammatory
Good source of Vitamin K, A, C, manganese, calcium, Vitamin E, fiber, copper, vitamin B6, iron and protein



ROMAINE

Promotes heart health
Prevents strokes and cancer
Good source of fiber, Vitamin A, Vitamin K, folate, Vitamin C, manganese, potassium and iron



SPINACH

Many anti-inflammatory and anti-cancer benefits
Good source of antioxidants
Lowers the risk of high blood pressure and atherosclerosis
Helpful for maintaining bone health
Excellent source of Vitamin K, A, manganese, folate, magnesium, iron, vitamin C, vitamin B2, calcium, potassium, vitamin B6 and vitamin E



HOW CAN YOU GET MORE GREENS IN YOUR DIET?

- Make a colorful salad!
- Lightly steam them and top with butter or olive oil and a dash of real sea salt.
- Drink “pressed juices” and green smoothies.
- Add them to your scrambled eggs.
- Eat them raw!