

Benefits of Green Leafy Vegetables

Leafy greens are full of vitamins, minerals, and disease-fighting phytochemicals.

They are rich in fiber. Fiber helps keep you full and helps control hunger. Fiber can also reduce cholesterol and blood pressure. Leafy greens also contain a lot of water, which helps keep you hydrated.

Spinach, in particular, is one of the most nutrient-dense foods. Because it's high in fiber and very low in calories, spinach is a great addition to a weight loss plan. It is a good source of antioxidants, including vitamin C, beta carotene, lutein, and zeaxanthin, which help maintain healthy eyes. Spinach also contains high amounts of potassium, which is good for lowering blood pressure.

While leafy greens offer many health benefits, if you're taking a blood thinner like warfarin (Coumadin), be sure to have your doctor monitor your blood and your medication dosage as you increase your intake of dark leafy green vegetables. These vegetables are rich in vitamin K, which plays a key role in blood clotting.



A Beach Cities Health District Program