

# Greens

## Health and Nutrition Benefits



Greens contain beta-carotene, calcium, fiber, folate, lutein, magnesium and vitamin C; all of which work together to lower the risk of certain cancers and heart disease, protecting against inflammatory diseases and osteoporosis, while aiding in bowel health and weight management.

North Carolina State University's Plants for Human Health Institute (PHHI) has researched cabbage, kale, broccoli and seaweed. PHHI's research has shown that broccoli contains quercetin, vitamins E and K, and has a positive effect on building muscle mass. Our research has also shown broccoli to be rich in lutein (antioxidant), which has the ability to lower the risk of cataracts and age-related macular degeneration. PHHI's research on seaweed has shown its role in insulin management and its ability to reduce oxidative stress markers.