



Spinach

The Health Benefits of Spinach

Spinach is a super food packed with nutrients that can improve blood sugar control for diabetics, lower risk of cancer, reduce blood pressure, improve circulation and support bone health.

One cup of raw or 1/2 cup cooked spinach provides:

- 23 Calories, 3 gm protein, 2.2 grams fiber, 0 fat, no cholesterol

Nutrients in Spinach

- Antioxidants like beta-carotene, vitamin C, B vitamins for energy
- High in calcium, potassium and vitamin K for bone health and blood pressure regulation; highest iron content of all leafy greens
- Chlorophyll and other nutrients protect eyesight, reduce chronic inflammation and protect skin from UV damage
- Can be eaten raw, slightly steamed or just wilted (tossed raw into hot foods)

For more information, visit our website:
www.woahcco.com/healthy-bytes-initiative

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