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#### www.woahcco.com/healthy-bytes-initiative

or fermented

- Can be eaten raw, steamed, roasted, baked, boiled keep the digestive tract healthy
- Cabbage, used in making sauerkraut, provides active bacteria that
- Cabbage is high in sulforaphane, an enzyme known to fight cancer iron and potassium. Cabbage has more vitamin C than oranges
- Vitamins C, K, B6, folate and thiamin; Minerals calcium, magnesium, **Nutrients in cabbage** 
  - 21 Calories, 1 gram protein, 5 grams fiber, 0 fat, no cholesterol One cup of raw or 1/2 cup cooked cabbage provides:

### The Health Benefits of Cabbage



**Ovito** 

Eating

Healthy

and heart disease. protect against cancer, diabetes family which has properties that from the cruciferous or Brassica Green, Napa and Savoy. All are Cabbage comes in 4 varieties: Red,

Cabbage

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