



Asparagus

The Health Benefits of Asparagus

Asparagus is a member of the cancer-fighting cruciferous family. In addition, this stalk also contains nutrients that also lower risk of diabetes, control blood pressure and boost brain health. It is anti-inflammatory which lowers risk for all chronic diseases.

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

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

Nutrients in Asparagus

- Great source of folate, vitamin K and potassium for heart health; high in fiber, calcium, and magnesium; also provides vitamins A & C and minerals iron, chromium and selenium
- High folate can prevent neural-tube defects during pregnancy
- The compound, asparagine, helps rid the body of excess salts
- Can be eaten raw or lightly steamed, grilled or stir-fried. You can find asparagus in white, green and purple varieties

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