Brought to you by the HEAL subcommittee of the Coos Community Health Improvement Plan and other partners.

 Great source of folate, vitamin K and potassium for heart health; high in fiber, calcium, and magnesium; also provides vitamins A & C and

The Health Benefits of Asparagus

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

Asparagus

Asparagus is a member of the

of diabetes, controls blood

**Nutrients in Asparagus** 

cancer-fighting cruciferous family.

It is anti-inflammatory, lowers risk

pressure and boosts brain health.

- minerals iron, chromium and selenium
- High folate can prevent neural-tube defects during pregnancy

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

- The compound, asparagine, helps rid the body of excess salts Can be eaten raw or lightly steamed, grilled or stir-

fried. Comes in white, green and purple varieties

Healthy **E**ating Active Living www.advancedhealth.com/healthy-bytes-initiative

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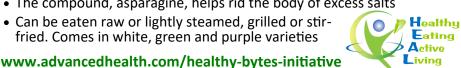
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