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

www.advancedhealth.com/healthy-bytes-initiative

or try roasting with oive oil, or steamed and used in potato salads or casseroles

- to reduce risk of prostate, colon, breast & ovarian cancers

 Radishes can be eaten raw with hummus dip, or thinly sliced on salads
- Contain indoles useful as anti-inflammatory and detoxifying agents which work along with sulforaphane (found in cruciferous vegetables)
 - High in B vitamins folate, B6 & riboflavin, and minerals potassium, calcium, magnesium & copper. Good source of dietary fiber
 - High in vitamin C which fights against free radicals and aging

Potential benefits of consuming radishes

3 oz raw or about 10 radishes provides:
16 Calories, 1 gm protein, 2 gm fiber, no fat or cholesterol

Health Benefits of Radishes

Radishes are a cruciferous root vegetable, a cousin to kale and cabbage. They contain powerful enzymes that fight toxins & cancer.

Radishes

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

www.advancedhealth.com/healthy-bytes-initiative

in potato salads or casseroles

or try roasting with oive oil, or steamed and used

- Radishes can be eaten raw with hummus dip, or thinly sliced on salads
- Contain indoles useful as anti-inflammatory and detoxifying agents
 which work along with sulforaphane (found in cruciferous vegetables)
 - calcium, magnesium & copper. Good source of dietary fiber
 - High in B vitamins folate, B6 & riboflavin, and minerals potassium,
 - gnige bne slesitee free redicals and aging •

Te Calories, 1 gm protein, 2 gm fiber, no raishes
 Potential benefits of consuming radishes

3 oz raw or about 10 radishes provides:

16 Calories, 1 gm protein, 2 gm fiber, no fat or cholesterol

Health Benefits of Radishes



gaits= evitsA

Healthy

Radishes are a cruciferous root vegetable, a cousin to kale and cabbage. They contain powerful enzymes that fight toxins & cancer.

Radishes

Radishes

ovito A_d

Buite

Healthy

Radishes are a cruciferous root vegetable, a cousin to kale and cabbage. They contain powerful enzymes that fight toxins & cancer.



Living

Health Benefits of Radishes

3 oz raw or about 10 radishes provides:

• 16 Calories, 1 gm protein, 2 gm fiber, no fat or cholesterol

Potential benefits of consuming radishes

- High in vitamin C which fights against free radicals and aging
- High in B vitamins folate, B6 & riboflavin, and minerals potassium, calcium, magnesium & copper. Good source of dietary fiber
- Contain indoles useful as anti-inflammatory and detoxifying agents which work along with sulforaphane (found in cruciferous vegetables) to reduce risk of prostate, colon, breast & ovarian cancers
- Radishes can be eaten raw with hummus dip, or thinly sliced on salads
 or try roasting with oive oil, or steamed and used
 in potato salads or casseroles

 Healthy
 Eating
 Active

www.advancedhealth.com/healthy-bytes-initiative

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

Radishes

Radishes are a cruciferous root vegetable, a cousin to kale and cabbage. They contain powerful enzymes that fight toxins & cancer.



≯ Active

Living

Health Benefits of Radishes

3 oz raw or about 10 radishes provides:

• 16 Calories, 1 gm protein, 2 gm fiber, no fat or cholesterol

Potential benefits of consuming radishes

- High in vitamin C which fights against free radicals and aging
- High in B vitamins folate, B6 & riboflavin, and minerals potassium, calcium, magnesium & copper. Good source of dietary fiber
- Contain indoles useful as anti-inflammatory and detoxifying agents which work along with sulforaphane (found in cruciferous vegetables) to reduce risk of prostate, colon, breast & ovarian cancers
- Radishes can be eaten raw with hummus dip, or thinly sliced on salads or try roasting with oive oil, or steamed and used in potato salads or casseroles

 Healthy
 Eating

www.advancedhealth.com/healthy-bytes-initiative

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