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- Turnip greens are high in calcium: 1 cup = 229 mg
- High fiber reduces risk for diverticulosis, constipation and colon cancer
- High fiber reduces risk for developing cancer
- Contains sulforaphane, a compound in cruciferous vegetables that reduces risk for developing cancer
- Also high in vitamins K, A, E & several B vitamins; High in minerals manganese, potassium, magnesium, iron, calcium and copper
- One small turnip contains more than half the daily RDA for vitamin C

Potential benefits of consuming turnips regularly

- 34 Calories, 1 gm protein, 4 gm fiber, 0 fat, no cholesterol

One medium-sized turnip root provides:

Health Benefits of Turnips



Turnips look like root vegetables but are from the cabbage family. They are commonly white near the bottom and grade to purple on top where it has been exposed to sunlight. Both the root and greens are high in nutrition.

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