

www.advancedhealth.com/healthy-bytes-initiative



- 5 Calories, 0.6 gm protein, 0.4 gm fiber, 0.2 gm fat, no cholesterol
- 1 cup raw arugula provides:**
- Potential benefits of consuming arugula:**
 - Contains antioxidants beta-carotene, vitamin C and vitamin K which fight inflammation, aging and disease
 - Good source of calcium and vitamin K, which work together to build bone, reducing the risk of bone fracture
 - Contains Sulphur substances like sulforaphane, found to slow cancer cell growth
 - High potassium helps control blood pressure and magnesium maintains heart rhythm
 - Add to salads, sandwiches, dips, pesto, soups or side dishes

Health Benefits of Arugula



Also known as "Rocket," this leafy green is tender and tangy. It is a member of the cruciferous family (broccoli, cabbage, kale) known for its low Calories and high nutrients.

Arugula

www.advancedhealth.com/healthy-bytes-initiative



- 5 Calories, 0.6 gm protein, 0.4 gm fiber, 0.2 gm fat, no cholesterol
- 1 cup raw arugula provides:**
- Potential benefits of consuming arugula:**
 - Contains antioxidants beta-carotene, vitamin C and vitamin K which fight inflammation, aging and disease
 - Good source of calcium and vitamin K, which work together to build bone, reducing the risk of bone fracture
 - Contains Sulphur substances like sulforaphane, found to slow cancer cell growth
 - High potassium helps control blood pressure and magnesium maintains heart rhythm
 - Add to salads, sandwiches, dips, pesto, soups or side dishes

Health Benefits of Arugula



Also known as "Rocket," this leafy green is tender and tangy. It is a member of the cruciferous family (broccoli, cabbage, kale) known for its low Calories and high nutrients.

Arugula

Arugula

Also known as "Rocket," this leafy green is tender and tangy. It is a member of the cruciferous family (broccoli, cabbage, kale) known for its low Calories and high nutrients.



Health Benefits of Arugula

1 cup raw arugula provides:

- 5 Calories, 0.6 gm protein, 0.4 gm fiber, 0.2 gm fat, no cholesterol

Potential benefits of consuming arugula:

- Contains antioxidants beta-carotene, vitamin C and vitamin K which fight inflammation, aging and disease
- Good source of calcium and vitamin K, which work together to build bone, reducing the risk of bone fracture
- Contains Sulphur substances like sulforaphane, found to slow cancer cell growth
- High potassium helps control blood pressure and magnesium maintains heart rhythm
- Add to salads, sandwiches, dips, pesto, soups or side dishes

www.advancedhealth.com/healthy-bytes-initiative



Oregon State University

Arugula

Also known as "Rocket," this leafy green is tender and tangy. It is a member of the cruciferous family (broccoli, cabbage, kale) known for its low Calories and high nutrients.



Health Benefits of Arugula

1 cup raw arugula provides:

- 5 Calories, 0.6 gm protein, 0.4 gm fiber, 0.2 gm fat, no cholesterol

Potential benefits of consuming arugula:

- Contains antioxidants beta-carotene, vitamin C and vitamin K which fight inflammation, aging and disease
- Good source of calcium and vitamin K, which work together to build bone, reducing the risk of bone fracture
- Contains Sulphur substances like sulforaphane, found to slow cancer cell growth
- High potassium helps control blood pressure and magnesium maintains heart rhythm
- Add to salads, sandwiches, dips, pesto, soups or side dishes

www.advancedhealth.com/healthy-bytes-initiative



Oregon State University