



Leeks

Health Benefits of Leeks

Leeks are a member of the allium family which also includes onions and garlic. Leeks look similar to green onions but larger, up to a foot long with a 1-2" diameter. They have a mild, sweet onion flavor.

1 cup raw or 1/2 cup cooked leeks provides:

- 54 Calories, 1 gm protein, 2 gm fiber, no fat, no cholesterol

Potential benefits of consuming leeks:

- Excellent source of antioxidants like vitamins C, K and beta-carotene with anti-inflammatory, anti-aging and cardiovascular benefits
- Gallic acid in leeks also helps to reduce inflammation
- Quercetin is associated with lowering blood pressure and risk of dementia, Alzheimer's and Parkinson's diseases
- Kaempferol is a compound in leeks that helps produce nitric oxide, a vasodilator to widen arteries and improve blood circulation
- Folate and B6 work to keep homocysteine low, preventing artery damage and reducing formation of blood clots
- Chop and let rest 5 min before cooking to retain nutrients

For more Healthy Bytes Initiative information, visit:
www.advancedhealth.com/healthy-bytes-initiative

Brought to you by Oregon State University Extension
Family & Community Health and Advanced Health

