



Zucchini

Health Benefits of Zucchini

A summer squash, zucchini skins range from yellow to dark green. Rich in antioxidants, vitamins, minerals and fiber, they are low in calories. Insides, skins and seeds are all edible.

1 cup chopped, raw zucchini provides:

- 20 calories, 1 gm protein, 1 gm fiber, 0.2 gm fat, no cholesterol

Potential benefits of consuming zucchini:

- Antioxidants zeaxanthin and lutein promote eye health by reducing risk of eye conditions cataracts and glaucoma
- Rich in B vitamins riboflavin, thiamin, niacin, B6
- Minerals potassium, magnesium, calcium, and phosphorus help maintain normal blood pressure, regulate fluids and boost energy production
- Zucchini can be sliced, cubed or shredded and eaten raw with dips, in salads, or sliced on sandwiches
- Cooked zucchini is great in stir fry, soups or spiralized into noodles (called zoodles)
- Stays fresh for 2 weeks in a perforated bag in the refrigerator

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