



Swiss Chard

Health Benefits of Swiss Chard

A descendant of the beet, Swiss chard is rich in nutrients and flavor and can lower blood pressure and improve blood flow.

1 cup chopped raw Swiss chard provides:

- 7 calories, 2g protein, 1g fiber, no fat and no cholesterol

Potential benefits of consuming Swiss chard:

- Rich in vitamin K and calcium to maintain bone health and reduce risk of fractures; Vitamin K is also important for blood clotting
- Magnesium and potassium work together to lower blood pressure; the body converts nitrates in Swiss chard to nitric oxide which widens arteries and improves blood flow
- Antioxidants vitamin C, beta-carotene, lutein, zeaxanthin and choline fight free radicals, aging and disease; Alpha-lipoic acid can improve insulin sensitivity
- Chlorophyll works to block cancer-causing compounds produced when grilling foods at high temperatures
- Seek out dark leaves with red, yellow or orange stems. Add raw to salads, sandwiches or smoothies; Sauté with garlic and pepper for a tasty side dish, wilt into hot soup, or toss with stir fry veggies

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