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

## Swiss chard

### Health Benefits of Swiss chard

**1 cup chopped raw Swiss chard provides:**

- 7 Calories, 2g protein, 1g fiber, no fat, 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
- 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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