

A photograph of several garlic bulbs and individual cloves. One bulb is purple-skinned, while the others are white-skinned. Two cloves are shown peeled and separated from the bulbs. The word "Garlic" is overlaid in large white letters on a green semi-transparent background.

Garlic

Health Benefits of Garlic

Although we use garlic to spice our foods, it has traditionally been used as medicine for thousands of years.

2 cloves of raw garlic provides:

- 9 Calories, .4 gm protein, .1 gm fiber, 0 fat, no cholesterol

Potential benefits of consuming garlic:

- Excellent source of antioxidants from vitamins C, A and selenium
- Good source of minerals potassium, calcium, phosphorus and magnesium; Also contains dietary fiber
- Allicin and other compounds in raw garlic may help reduce risk of cancer by inhibiting growth of cancer cells and tumors
- May help lower cholesterol and protect against heart attack and stroke; Some studies indicate blood glucose regulation
- Supplements are not as effective as whole, raw garlic
- Chop or crush raw garlic to release healthful compounds. Let rest 10 minutes before heating or cooking

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