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**www.advancedhealth.com/healthy-bytes-initiative**



**Health Benefits of Garlic**

**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
- Alliin 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


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



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