



Parsnips

Health Benefits of Parsnips

Parsnips are a root vegetable similar in shape and texture to carrots. They are light beige in color and have a sweet, nutty flavor.

1 cup raw parsnips provides:

- 100 calories, 2 gm protein, 7 gm fiber, no fat and no cholesterol

Potential benefits of consuming parsnips:

- Provide antioxidants vitamins C, K, E boost immunity and protect against disease. The B vitamin folate is important for blood cell formation and healthy growth, especially during pregnancy
- Magnesium is important for nerve and muscle function, energy production and healthy bones. Phosphorus also plays a role in bone health. Zinc supports immunity, wound-healing, growth and preserving sense of taste. Potassium lowers blood pressure
- High in both soluble and insoluble fiber to improve digestion, lower risk of diabetes and cancer, feed healthy gut microbes and aid in weight management
- Chop into soups or stews, grate for parsnip “rice”, roast or boil and mash like potatoes, peel into long strands to use like pasta, slice raw for salads, slaws or with veggie dip

For more Healthy Bytes Initiative information, visit:
www.advancedhealth.com/healthy-bytes-initiative

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