

Spinach



Vitality Farms
Company



Spinach has been used by various cultures throughout history, notably in Mediterranean, Middle-Eastern, and South-East-Asian cuisines. It can be incorporated quite easily into any diet, as it is cheap and easy to prepare. Spinach is a leafy green producing succulent, dark green, spoon-shaped leaves

Spinach is a superfood. It is loaded with tons of nutrients in a low-calorie package. Dark, leafy greens like spinach are important for skin, hair, and bone health. They also provide protein, iron, vitamins, and minerals.

An excellent source of antioxidants, Spinach has four times the beta carotene of broccoli. Its high lutein content helps to lower cholesterol and aid in eye health. Spinach also contains carbohydrates, protein, fiber, vitamin A, vitamin C, calcium, iron and folic acid. According to the United States Department of Agriculture (USDA), a 100-gram serving of spinach contains 28.1 micrograms of vitamin C, 34 percent of the daily recommendation.

HEALTH BENEFITS

- Improves eyesight
- Maintains good digestive health
- Improves skin
- Improves Kidney function
- Reduces incident of stroke
- Improves blood glucose control in people with diabetes,
- Lowers the risk of cancer
- Improves bone health
- Diabetes management
- Asthma prevention
- Lowers Blood pressure