

TOP 10 REASONS TO Eat Your Greens



freshpick
for better health
by sodexo

1. 35% of all cancer deaths may be related to what we eat and the consumption of certain vegetables, like leafy greens, has been associated with the reduction of cancer found in humans.
2. **Leafy greens are fat free and by increasing the amounts of these vegetables in our diets, we can help control our weight.**
3. They have no cholesterol.
4. **They are low in calories.**
5. They are high in fiber.
6. **They are high in Beta-carotene, a component of dietary Vitamin A.**
7. They are high in Vitamin C.
8. **They are high in Vitamin E.**
9. They are high in calcium, which helps to maintain healthy bones and prevent osteoporosis.
10. **There are very few other vegetables that are as rich in essential vitamins, vital minerals and food value as leafy green vegetables!**

Source: *The Leafy Greens Council*



The **Leafy Greens Council**
is a proud sponsor of Sodexo's
Fresh Pick For Better Health program.

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