Spinach Does The Body Good

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Health Benefits of Eating Spinach

- Vitamin A - good for healthy vision, skin, bones and other tissues in the body.

- Vitamin C - necessary for the growth, development and repair of all body tissues.

- Vitamin K1 - produces a protein and clotting factor that is important in blood clotting and bone metabolism.

- Folic Acid - It helps make DNA and produce red blood cells.

- Iron - eliminates fatigue, boosts the immune system, and is used in treating anemia.

- Calcium - builds and maintains strong bones

One leaf contains half your daily needs!

Spinach the Superfood

Spinach is one of the Rocks super foods, so why not yours?

Ways to Eat Spinach

You can add spinach into many of your favorite dishes. For example:

- You can put it in a smoothie.

- Blend it into soup.

- Put it on pizza, roll it into pasta, and pesto.

- You can make a simple spinach salad.

- You can make a spinach omelet

Bibliography

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