

## Fresh Veggies Day

June 16, 2017, is the official day for fresh veggies. Many of us know that we must consume fresh vegetables on a daily basis, we hear it all the time from our nutritionist, however many of us just aren't getting enough servings per day. On June 16, 2017, make it a day where you try to incorporate as many vegetables as you can. Listed below are the top 5 green veggies you should eat as much as possible.

### Top 5 Super Veggies



#### 1. Spinach

This leafy green is packed with antioxidants, carotene, calcium, potassium magnesium, vitamin C, vitamin E, vitamin K, and folic acid. Spinach is low in calories and contains some fiber and protein as well. Vitamin E is a great fat soluble vitamin that is important for your skin and nails.

#### 2. Broccoli

Every vegetable that's green means it contains powerful antioxidants that help you combat sickness and repairs your body. Broccoli is no exception. It is packed with antioxidants, vitamin A, vitamin C, and the mineral selenium, which is the highest in broccoli compared to any other vegetable. Selenium is a mineral that plays a key role in metabolism and can also be found in Brazil nuts.

#### 3. Kale

Kale, like other dark green leafy vegetables are full of great nutrition. This is because kale's sulfur that contains phytonutrients which can help to prevent cancers. Like the other greens listed above kale has vitamin A, vitamin C, and vitamin K. This fibrous leaf also contains calcium, lutein, and iron. Vitamin K is also a wonderful fat soluble vitamin that can help lower your blood pressure. Kale chips are also a great alternative for a snack that is packed with nutrition.

#### 4. Asparagus

Asparagus helps our digestive system because of the friendly bacteria called inulin. It also contains vitamin A, vitamin C, calcium, and iron. Like kale, it contains phytonutrients so it can help detoxify your body. It is an excellent source of folic acid which may help reduce the risk of certain diseases and cancers. Asparagus is a great food to add to the grill.

## 5. Wheat Grass

This super green may look like the regular grass in your front lawn but what it contains may shock you. Wheat grass is filled with nutrition: vitamin A, B vitamins, vitamin E, vitamin K and it is extremely rich in protein. It contains 17 amino acids, which are the building blocks of protein. Wheat grass is 70% chlorophyll which is important for many wonderful things inside your body. Chlorophyll can aid in reducing your risk of liver cancer. Click [HERE](#) to read more.

