

Leafy greens... : vitamin packed / designed and produced by Compass Group UK and Ireland's Design Centre.

Contributors

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**wellcome
collection**

Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



BALANCED CHOICES

superfoods

Leafy greens...

vitamin packed

Cabbage and leafy green vegetables contain a wealth of nutrients. They are a vital source of soluble fibre, the antioxidant vitamins A and C and the energy-releasing B vitamins.

The antioxidants isothiocyanate and sulforaphane, are thought to help in the fight against some cancers. Savoy, green and red cabbage and kale all contain large amounts of these phytonutrients.

Folic acid is found in all leafy green vegetables. It is part of the B vitamin complex and helps the release of energy from food, produces red blood cells and is important during early pregnancy to help prevent neural tube defects such as spina bifida.

Cabbages and leafy green vegetables also have individual benefits:

Spinach: Although this contains relatively high amounts of iron and calcium it also contains high levels of oxalic acid which prevents the body absorbing these nutrients.

Kale: is a good source of the phytonutrient lutein. Lutein is thought to help maintain good eyesight.

Red cabbage: contains anthocyanins. Anthocyanins have antioxidant properties that are thought to help in the fight against heart disease.

Tips

- Cabbages and leafy green vegetables are very versatile and can be cooked many ways. Steam, braise or stir-fry cabbage and greens to retain as many of the nutrients as possible.
- White and red cabbages can be eaten raw in coleslaw and other salads.
- Mix with other 'super foods' such as salmon, broccoli and garlic in stir-fries for a quick, healthy meal.
- Serve baby leaf spinach raw as a salad with a drizzle of olive oil.



