



Kale

Qualified Health Claims

- Vitamin K reduces risk of chronic inflammation
- Vitamin K is important for blood clotting
- Anti-inflammatory and antioxidant properties help prevent arteries from clogging
- Vitamin C helps promote a healthy immune system
- Vitamin A promotes a healthy immune system and good eyesight
- Kale contains a variety of antioxidants which protect our body from cellular oxidative damage.
- Antioxidant helps reduce free radicals, helps fight the growth of tumors
- Calcium and iron in kale promote healthy bones and reduce risk of osteoporosis
- Iron helps in the formation of red blood cells by delivering oxygen

Nutrition Information

- Vitamin K
- Vitamin A
- Vitamin C
- Vitamin B6
- Manganese
- Calcium
- Fiber
- Antioxidants
- Potassium
- Iron

Dig Deeper

Get more information, register, or download resources:

Maura Henn

Business & Community Coordinator

maurah@ncat.org | (406) 723-7579

mtharvestofthemonth.org

Drug Interactions

- Diuretics and NSAIDs (aspirin, ibuprofen) deplete potassium in the body. Kale is a good source of potassium

Chronic- Diet Related Illness

- Kale reduces LDL and improves HDL levels, thereby reducing the risk for cardiovascular disease
- The potassium & calcium in kale lowers blood pressure levels
- Potassium in greens is anti-inflammatory and may help prevent stroke and heart disease
- Fiber helps remove excess LDL cholesterol
- Kale has a low GI which can help maintain blood sugar levels for diabetic patients
- Low GI, high fiber, low carbohydrates makes kale optimal for weight management
- Magnesium can help prevent formation of kidney stones

Other Helpful Information for hand-outs or clinical discharges

- Add 1-2 tsp of olive oil with kale to increase absorption of Vitamins A & K

Resources

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=38>

<http://nationalkaleaday.org/blog/kale-nutrition/>

Nelms, Sucher, Lacey and Roth (2007). *Nutrition Therapy and Pathophysiology 2nd Ed.*

Kim et al. (2008). *Kale Juice Improves Coronary Artery Disease Risk Factors in Hypercholesterolemic Men. Biomedical and environmental sciences Journal.* [https://doi.org/10.1016/S0895-3988\(08\)60012-4](https://doi.org/10.1016/S0895-3988(08)60012-4)

D'Elia et al. (2011). *Potassium intake, stroke, and cardiovascular disease a meta-analysis of prospective studies.* <https://www.ncbi.nlm.nih.gov/pubmed/21371638>

<https://www.ars.usda.gov/plains-area/gfnd/gfhnrc/docs/news-2013/dark-green-leafy-vegetables/>

<http://www.renalandurologynews.com/commentary/kidney-stone-prevention-fact-versus-fiction/article/217239/>

<https://nutritionfacts.org/topics/greens/>



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.

Funds were provided in part by a USDA Team Nutrition Training grant, a USDA Farm to School grant, Montana Healthcare Foundation, Northern Pulse Growers Association, Montana Department of Public Health and Human Services, and Montana School Nutrition Association. USDA is an equal opportunity provider and employer. The Montana State University Extension Service is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach. This publication was supported by the Grants or Cooperative Agreements Numbers, 6 U58DP004818-03-01 & 5 U58DP004818-03-00, and funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the DPHHS.