



Leafy Greens

Qualified Health Claims

- Antioxidants help protect the body against cellular oxidative damage
- Antioxidant helps reduce free radicals, helps fight the growth of tumors
- Vitamin K helps blood clot, and promotes kidney health
- Fiber help regulate digestive system, helps regulate blood sugar, and helps maintain healthy weight
- Vitamin A improves immune system
- Vitamin A promotes good vision
- Vitamin C promotes a healthy immune system
- Iron helps in the formation of red blood cells by delivering oxygen

Nutrition Information

- Vitamin A
- Vitamin C
- Vitamin K
- Vitamin E
- Antioxidants
- Fiber
- Iron
- Magnesium
- Potassium

Dig Deeper

Get more information, register, or download resources:

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mtharvestofthemonth.org

Drug Interactions

- Diuretics and NSAIDs (aspirin, ibuprofen) deplete potassium and magnesium in the body. Increase consumption of leafy greens!

Chronic- Diet Related Illness

- Vitamin K helps protect the bones from osteoporosis
- Vitamin K helps protect against inflammatory diseases
- Fiber helps remove excess LDL cholesterol
- Leafy greens have a low GI which can help maintain blood sugar levels for diabetic patients
- Low GI, high fiber, low carbohydrates makes leafy greens optimal for weight management
- Potassium in greens is anti-inflammatory and may help prevent stroke and heart disease
- Potassium & Magnesium can also help lower blood pressure
- 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 your greens to enhance absorption of Vitamins A, E & K

Resources

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

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

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

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>

[http://www.renalandurologynews.com/commentary/kidney-stone-prevention-fact-versus-](http://www.renalandurologynews.com/commentary/kidney-stone-prevention-fact-versus-fiction/article/217239/)

[fiction/article/217239/](http://www.renalandurologynews.com/commentary/kidney-stone-prevention-fact-versus-fiction/article/217239/) Nelms, Sucher, Lacey and Roth (2007). *Nutrition Therapy and Pathophysiology 2nd Edition.*



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.

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