



# 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](http://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](http://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.