

## S U P E R G R E E N S

Eat a rainbow of foods a day to keep the doc' away! The green portion of the rainbow offers many forms of support for our bodies. Some folks eat something green every day, some once a week, and some wait once a year during Thanksgiving, when the green bean casserole makes its way onto the table! Discover the living power of super greens and their importance within one's diet. Greens fuel and protect the body. They provide the essentials such as fiber, minerals, and vitamins. Some of the more popular greens we eat are from the Cruciferous better known as Cabbage family. "Lab studies show that one of the phytochemicals found in cruciferous vegetables - sulforaphane - can stimulate enzymes in the body that detoxify carcinogens before they damage cells", says Matthew Wallig, DVM, PhD.

### Common Cruciferous/Cabbage Family Vegetable List

**Kale-** A great source of vitamin C, B6, and minerals including manganese copper, iron and calcium plus dietary fiber. Also, a good source of vitamins B1, B2 and E.

**Cabbage-** High in phytochemicals which are linked to anticancer properties and helpful in the liver's detoxification

**Collards-** A great source of vitamin C, B6, and minerals including manganese copper, iron and calcium plus dietary fiber. Also, a good source of vitamins B1, B2 and E.

**Arugula-** An excellent source of vitamin A, C, Folic Acid, manganese, calcium and magnesium. Good source of riboflavin, potassium, copper, iron and zinc

**Spirulina**- Also known as blue green algae found in freshwater lakes and saltwater. High percentage of protein and iron, as well as all eight essential amino acids; potassium; zinc; calcium; vitamins B1, B2, B3, B6 and B12. Available in pill or powder form. Often used in smoothies

**Chlorella**- Found in fresh water. "It is processed and made into tablets and liquid extracts. These extracts contain "chlorella growth factor," which is described as a water-soluble extract of chlorella containing chemicals including amino acids, peptides, proteins, vitamins, sugars, and nucleic acids."

**Broccoli**- Very rich in vitamin C, A and K, folic acid and fiber. It is a good source of potassium, magnesium and vitamins B6 and E. Plus it is packed full of glucosinolates and phytochemicals that have an anticancer effect.

**Swiss Chard**- A great source of carotenes, vitamin C, E and K, as well as dietary fiber and chlorophyll. Also, a source of B6, calcium, protein, thiamine, zinc, niacin, folic acid and selenium.

(Information brought to you via WebMD and The Encyclopedia of Healing Foods by Michael Murray N.D.)

**Looking for your Super Greens?  
We are happy to give you a tour of  
our amazing Produce, Wellness &  
Spice/Herb Departments!**

(Information Not approved by the FDA, the above is not intended to diagnose, treat or cure disease, Always Consult with Your Physician.)

Sugar Beet Food Co-op  
812 W. Madison, Oak Park - 708.948.7656