

Eight super-healthy leafy greens—and why you should eat them

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Leafy greens are a great way to improve your health as they possess many vital nutrients, vitamins, minerals and antioxidants. As a nutritionist, I would highly recommend getting more of the following

salad leaves in your diet.

Spinach

Spinach is easy to get all year round, and is chock full of [iron, calcium, potassium and vitamins B6, C and K](#). It is also a good source of antioxidants, which can reduce the risk of many diseases, including heart disease and certain cancers.

It's best eaten uncooked, as part of a salad, as cooking tends to destroy the naturally occurring polyphenols and flavanols in the leaves. Certain [polyphenols and flavonoids](#) may reduce the chance of developing certain cancers, cardiovascular diseases, diabetes and neurodegenerative diseases, such as Alzheimer's disease.

Kale

Kale has a unique taste that can vary somewhat depending on its variety and how it's prepared. If you can handle [bitter taste](#), kale is packed with important micronutrients such as calcium, iron, magnesium, phosphorus, potassium, zinc, copper, manganese and selenium. It is also a [good source of vitamins](#), including vitamins A, B, E, C and K.

Avoid blanching and boiling kale as it can reduce the amount of [water-soluble minerals, vitamins and phytochemicals](#) in the leaves. Kale can be eaten uncooked in salads.

A cup of uncooked kale (21g) is just [nine calories](#).

Swiss chard

My third choice is [Swiss chard](#), which has a slightly sweet flavor, and has

good amounts of [vitamins A and C](#). And even a small amount of Swiss chard (around 175 grams) can fulfill your daily requirement of vitamin K—which is important for [blood clotting](#) and healthy bones.

Swiss chard, which comes in a variety of colors, also has essential minerals such as [iron, copper, potassium and calcium](#).

Collard greens

Collard greens are a good source of [lutein](#), which is important for eye health. They are full of vitamins A and C and minerals such as [calcium, iron, zinc, copper and selenium](#), and are a good source of fiber. As with spinach, you can get this all year round.

Rocket

If you're in the mood for a leafy green with a fresh, tangy, slightly bitter and peppery taste, consider adding rocket to your plate. It's been consumed by humans since at least [Roman times](#), and is a popular topping on pizzas.

Rocket, also known as arugula and eruca, is packed with nitrates—which studies have shown can [boost performance in sports](#). Rocket is also rich in [vitamins K and C, and calcium and polyphenols](#).

Romaine lettuce

The crunchy and mild-tasting [romaine lettuce](#) is full of [nutrient-rich goodies](#). It is a good source of vitamins and minerals, including vitamins A, K, C and folate (a B [vitamin](#) that is especially important during pregnancy). These nutrients are essential for maintaining overall health and supporting a healthy immune system.

Romaine, also known as cos lettuce, is a source of fiber too, which is known to [reduce your risk](#) of [heart disease](#), stroke, type 2 diabetes and bowel cancer.

Watercress

If you enjoy a bit of spice and want to incorporate a leafy green with a distinct flavor into your meals, watercress is a great choice. It not only adds a burst of taste but also provides a rich source of [vitamins A and C and antioxidants](#). Research suggests that watercress could be a [therapeutic agent in oral cancer](#).

Bok choy

If you're looking for a leafy green with a gentle flavor and satisfying texture, bok choy is a great choice. This variety of Chinese white cabbage can be used in stir-fries, soups, salads or simply sautéed as a side dish.

It is rich in fiber as well as various [vitamins, minerals and antioxidants](#). This leafy green [can help maintain](#) bone health, immunity, vision, heart health, blood pressure and possibly prevent certain types of cancer.

I prefer to have a [balanced diet](#) and adding these [leafy greens](#) can help me stay healthy, improve my immunity, and reduce the risk of various chronic diseases. They are also low in calories, making them a good choice for those who want to manage their weight. So enjoy them in salads, smoothies, soups or as a side dish with your favorite meals.

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