

# HEALTHY HIGH FIVE



## The Science Behind Eating Leafy Greens

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It's no secret, leafy greens are a powerhouse for your health! Veggies such as Romaine, Arugula, and Spinach provide essential nutrients that support healthy aging and overall wellness. Whether you blend them into a smoothie or enjoy them as part of a meal, these nutritional superstars will leave you looking and feeling your best!

Here are five key benefits of incorporating leafy greens into your diet:



### Improves Blood Sugar

The fiber in leafy greens slows sugar absorption, helping balance blood sugar levels and improve insulin sensitivity.



### Reduces Belly Bloating

Greens high in potassium, such as spinach, help maintain fluid balance in the body. One cup of cooked spinach provides 840 mg of potassium - almost one third of the daily recommended amount!



### Improves Bone Health

Leafy greens are a great source of calcium, which supports bone health. They also contain vitamin K, essential for bone formation.



### Lowers Cancer Risk

Carotenoids found in dark leafy vegetables, like kale, act as powerful antioxidants. These compounds help boost your body's defenses and protect DNA from damage that could lead to cancer.



### Improves Brain Health

Rich in antioxidants like vitamin C, leafy greens help protect against memory loss and reduce brain inflammation. They also contain folate, which supports memory, enhances blood flow to the brain, and helps regulate mood by promoting the production of happiness hormones like dopamine and serotonin.

## Join us for the FREE MSU Extension Eating Well Series starting this March!

Register for each class to secure your spot. Classes will be held at NCC from 10:30-11:30 am. On March 17, explore "Taste the Rainbow: Fruits & Veggies," and on April 21, learn about "Decreasing Fat, Sugar, & Salt."