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# Top 10 Health Benefits of Eating Kale

Kale is being called "the new beef", "the queen of greens" and "a nutritional powerhouse." Here are ten great benefits of adding more kale to your diet:



1. Kale is low in calorie, high in fiber and has zero fat. One cup of kale has only 36 calories, 5 grams of fiber and 0 grams of fat. It is great for aiding in digestion and elimination with its great fiber content. It's also filled with so many nutrients, vitamins, folate and magnesium as well as those listed below.

2. Kale is high in iron. Per calorie, kale has more iron than beef. Iron is essential for good health, such as the formation of hemoglobin and enzymes, transporting oxygen to various parts of the body, cell growth, proper liver function and more.

3. Kale is high in Vitamin K. Eating a diet high in Vitamin K can help protect against various cancers. It is also necessary for a wide variety of bodily functions including normal bone health and blood clotting. Also increased levels of vitamin K can help people suffering from Alzheimer's disease.

4. Kale is filled with powerful antioxidants. Antioxidants, such as carotenoids and flavonoids help protect against various cancers.

5. Kale is a great anti-inflammatory food. One cup of kale is filled with 10% of the RDA of omega-3 fatty acids, which help fight against arthritis, asthma and autoimmune disorders.

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*NOTE: Some sentiments contained within "What We're Reading" articles may not strictly conform with PROJECT: PFC's nutritional outlook. We read articles containing opposing information all the time and derive our nutritional philosophies from the latest science, the opinions of experts worldwide and our anecdotal experiences in the field. We keep an open mind and a strong affinity for fact-based evidence to help make the world of nutrition "Simple Again" for you.*

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6. Kale is great for cardiovascular support. Eating more kale can help lower cholesterol levels.

7. Kale is high in Vitamin A. Vitamin A is great for your vision, your skin as well as helping to

prevent lung and oral cavity cancers.

8. Kale is high in Vitamin C. This is very helpful for your immune system, your metabolism and your hydration.

9. Kale is high in calcium. Per calorie, kale has more calcium than milk, which aids in preventing bone loss, preventing osteoporosis and maintaining a healthy metabolism. Vitamin C is also helpful to maintain cartilage and joint flexibility

10. Kale is a great detox food. Kale is filled with fiber and sulfur, both great for detoxifying your body and keeping your liver healthy.

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