



Dark Green Vegetables

Health Benefits

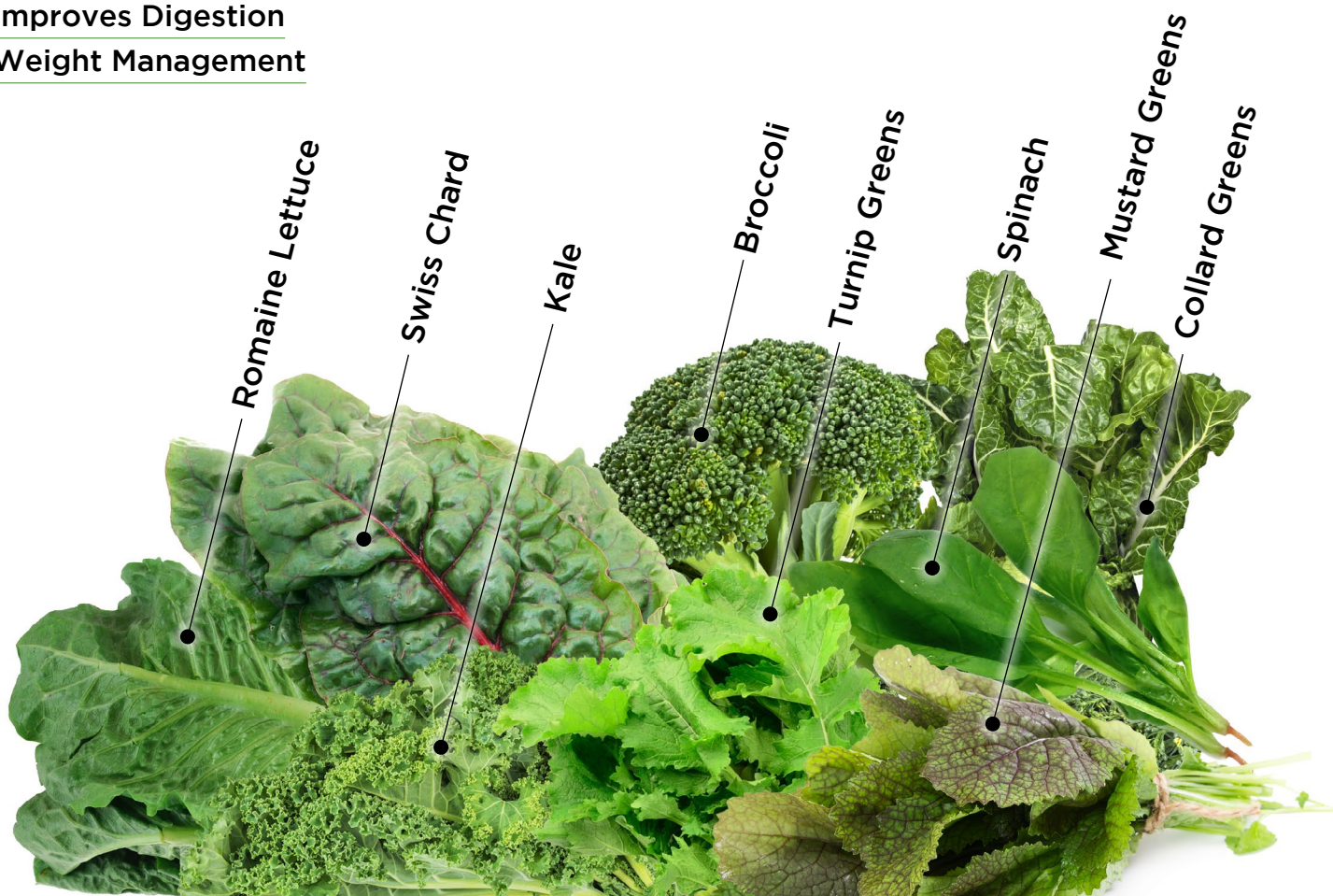
Blood Pressure Control
Bone Growth and Development
Cancer Risk Reduction
Heart Disease Risk Reduction
Improves Digestion
Weight Management

Nutrients

B Vitamins
Calcium
Fiber
Iron

Magnesium
Potassium
Vitamin A

Vitamin C
Vitamin E
Vitamin K



Food Sources

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