



5 Awesome Reasons to Eat Your Veggies!



5 Awesome Reasons to Eat Your Veggies 🥦

It's national eat your veggies month! Here are some of the cool things that veggies can do for your health, and they're all backed by science.

1. Veggies are loaded with antioxidants

Antioxidants cancel out free radicals, which can cause inflammation, aging, and chronic diseases like diabetes, cancer, and Alzheimer's disease. Great sources of antioxidants, such as vitamin C, vitamin E, beta-carotene, and flavonoids are carrots, bell and spicy peppers, cauliflower, and romaine lettuce.

2. Veggies are good for your heart

Veggies give you potassium and fiber and are low in calories. Potassium helps keep your blood pressure in check, while fiber helps lower your cholesterol and blood sugar levels. Eating more veggies can also help you stay in shape, which takes some pressure off your heart. Some of the best veggies for your heart are leafy greens, such as spinach and kale.

3. Veggies are good for your digestion

Veggies are a good source of dietary fiber, which helps move food through your digestive system and prevents constipation. Plus, some veggies contain prebiotics and probiotics, which are types of fiber and bacteria that promote a healthy gut.

Examples of prebiotic veggies are garlic, onion, leek, asparagus, and artichoke. Examples of probiotic veggies are fermented ones, such as sauerkraut, kimchi, and fresh pickles.

4. Veggies are good for your bones

Veggies provide many minerals that are essential for bone health, such as calcium, magnesium, phosphorus, zinc, and selenium. These minerals help build and maintain bone density and strength.

Veggies also contain vitamin K and vitamin C, which are involved in making collagen and bones. Collagen is a protein that gives bones flexibility and resilience. Eating more veggies can help prevent or slow down bone loss and osteoporosis as you age.

5. Veggies are good for your brain

Veggies can boost your brain function and memory by providing nutrients that protect your brain cells from damage. Some of these nutrients are folate, vitamin C, vitamin E, and carotenoids, Folate is especially important for brain development and cognitive performance.

It helps produce DNA and neurotransmitters that regulate mood and cognition. Low levels of folate have been linked to depression and dementia. Some of the best veggies for your brain are broccoli, avocado and lentils.

The best way to make sure you are eating all the right veggies is by eating a rainbow! That's right – choose a variety of colors.

Dark leafy greens, red and orange peppers and squash, white cabbage and cauliflower, purple cabbage, and brown mushrooms. Some of the best vitamins are present in the substances that give foods their bright colors. Eat more of what you like and try something new!