

NUTRITION BENEFITS WINTER SEASONAL VEGETABLES

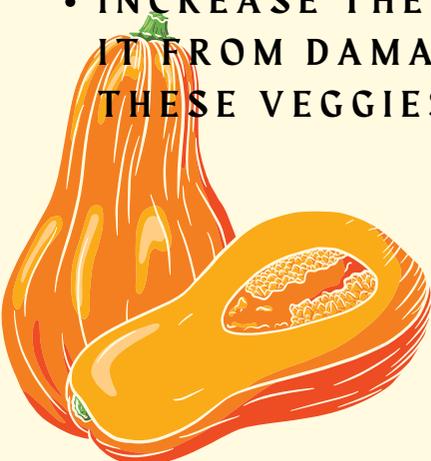


BUTTERNUT SQUASH- BENEFITS

- -TECHNICALLY A FRUIT!
- COMPLEX CARBOHYDRATE: FULL OF FIBER EXCELLENT FOR WEIGHT MANAGEMENT AND MAKES YOU FEEL FULL, A LOW CARB ALTERNATIVE FOR THOSE THAT ARE PRE-DIABETIC OR DIABETIC,
- BEAUTIFUL COLOR OF ORANGE/YELLOW MEANS THAT IT IS RICH IN CAROTENOIDS..WHICH THE BODY TURNS INTO VITAMIN A.. VITAMIN A SUPPORTS EYE HEALTH, - BESIDE EYE HEALTH, VITAMIN A ALSO SUPPORTS THE IMMUNE SYSTEM AND BONE HEALTH.
- *1 CUP OF COOKED BUTTERNUT SQUASH HAS 450% OF THE RECOMMENDED DAILY INTAKE OF VITAMIN A
- ALSO RICH IN VITAMIN C, IMMUNE SYSTEM SUPPORT
- *RICH IN BOTH VITAMINS MAKES IT THE PERFECT WINTER VEGETABLE TO FIGHT AGAINST FLU/COLD SEASON, AND COVID

BRUSSELS SPROUTS - BENEFITS

- RICH IN OMEGA 3 FATTY ACIDS.. GOOD PLANT SOURCE OF THESE IF YOU ARE WATCHING PROTEIN/MEAT INTAKE IN REGARDS TO TRIGLYCERIDES.. OMEGA 3S ARE NEEDED FOR HEART HEALTH
- FULL OF VITAMIN K- GOOD FOR BLOOD CLOTTING
- FULL OF VITAMIN C, BESIDES IMMUNE SYSTEM SUPPORT, C PROMOTES IRON ABSORPTION AND IS INVOLVED IN TISSUE REPAIR AND IMMUNE FUNCTION
- INCREASE THE LIVER'S NATURAL DETOXIFICATION ENZYMES, PROTECT IT FROM DAMAGE, AND IMPROVE BLOOD LEVELS OF LIVER ENZYMES- THESE VEGGIES ARE A POWERFUL LIVER DETOXIFIER!



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