

Trying New Greens

Add these *three delicious greens* to your salad!



Arugula

A peppery green that's low in calories and high in vitamins A & C, and calcium

Chock-full of anti-oxidants, Arugula tastes great with lemon & olive oil dressing



Kale

Kale contains glucosinolates, which activate enzymes in the liver to neutralize cancer

It provides more than 100% of the recommended daily intake for vitamins A & K

Watercress

Watercress tops the Centers for Disease Control and Prevention's list of "powerhouse fruits and vegetables"

A recent study found watercress to have the highest nutrient score of any fruit or vegetables!



This poster is provided for general informational purposes only and should not be considered medical advice, diagnosis or treatment recommendations.



Arthur J. Gallagher & Co.

Powered
by the



Cleveland Clinic
Wellness