



Benefits of consuming **Bok Choy**

Health Benefits of Bok Choy

Bok choy is a type of Chinese cabbage that can help build strong bones, improve blood circulation and provide compounds that can prevent chronic disease.

1 cup raw or 1/2 cup cooked Bok choy provides:

- 9 Calories, 1 gm protein, 1 gm fiber, 0.1 gm fat, no cholesterol

Potential benefits of consuming Bok choy:

- Powerful antioxidants lutein, beta-carotene, vitamin C, quercetin and more, fight free radicals and reduce inflammation to prevent chronic disease
- Contains critical minerals calcium, zinc, iron, and magnesium that improve bone density and prevent osteoporosis
- Folate and vitamin B6 help to prevent anemia and birth defects
- As a cruciferous vegetable, it contains compounds, mostly in the stalks, which may reduce risk of cancer and tumor growth
- Choose bunches with firm stalks and crisp leaves. Wash dirt from between leaves. Use both stems and leaves. Shred raw for salads, chop into stir fry, grill, steam, or toss in soups or stews

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