

## **The use of vegetables in the winter steelhead**

Why winter steelhead vegetables you should eat often, let's find out to add to the menu of your house today!

Cruciferous vegetables are considered super foods work effective cancer prevention, health promotion for the eyes ...



### **Good for digestive system**

Green vegetables contain large amounts of fiber, which will support the content of peristalsis, help digestion better. At the same time, fiber also helps prevent constipation. That is why you should always complement this kind of improvement in the daily menu of his family, including young children.

### **Contains high levels of vitamin C than oranges**

Most of cruciferous vegetables that contain high amounts of vitamin C, even higher than the amount of vitamin C in orange as Brussels sprouts, broccoli, kohlrabi, spinach, watercress.

Vitamin C helps strengthen the immune system, skin, bones and teeth. Vitamin C also acts as an antihistamine (one of the biological substances that can cause allergic reactions) natural and therefore can help alleviate the symptoms related to allergies.

### **Mustard vegetables are vegetables good for your heart**

When you eat vegetables regularly will indirectly support the efficient operation of heart and lighter, as well as the transport and metabolism of blood in your body better.

### **Health promotion for the eyes**

When it comes to carotenoids (pro-vitamin A), we often think of the foods and vegetables such as carrots, orange fruits other. But also a lot of green vegetables, which include cruciferous vegetables such as kale, mustard, turnip greens, watercress, collard greens with nutrients for healthy eyes. Approximately 28 g kale cooked and drained provides a whopping 76% of vitamin A in the form of carotenoids.

### **Prevent Gout**

The cause of gout is caused by diet has too much meat, liver, seafood ... and less vegetables. Therefore, for these patients, in addition to diet to avoid foods high in purines offal and seafood, they also recommended more green vegetables, the effective type of acid excreted uric pathogens such as mustard vegetables.

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