

[IMAGE]

Krazy About Kale

By Editorial Staff

On the hunt for a nutritious, vitamin-packed vegetable that is also loaded with great flavor? Try kale. There are many reasons to pile this cruciferous veggie on your plate. It is low in calories, has zero grams of fat and contains nearly 20 percent of the RDA of dietary fiber, which promotes regular digestion, prevents constipation, lowers blood sugar and curbs overeating.

kale - Copyright â Stock Photo / Register Mark Need more reasons? Kale also contains the glucosinolate isothiocyanate (ITC), which fights the formation of *H. pylori* (*Helicobacter pylori*), a bacteria that can attack the digestive system and cause big problems. Kale is also a superstar in the arena of carotenoids and flavonoids, two powerful antioxidants that protect our cells from free radicals that cause oxidative stress. There are also tons of vitamins in kale – think vitamins C, D, A and K. All boost immunity, help maintain healthy bones and teeth, and maximize overall health. Enjoy!

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