



Health  
QUEST  
365™

**UNLOCKING THE  
POWER OF GREENS:  
THE ESSENTIAL HEALTH  
BENEFITS OF GETTING  
YOUR DAILY GREENS**





Eating your daily greens isn't just something your parents told you to do — it's a lifestyle choice backed by science. Leafy green vegetables are powerhouses of nutrients, offering a multitude of health benefits that can transform your wellbeing.

Greens typically refer to leafy green vegetables that are rich in vitamins, minerals, fiber, and antioxidants. These include organic spinach, kale, collards, and Swiss chard, among others.

The best way to get those leafy nutrients into your diet is through organic greens. Organic ingredients are usually best!

**A powerhouse of nutrients, essential amino acids, dietary fibers and much more!**



# THE NUTRITIONAL PROFILE OF GREENS

## **NUTRIENT DENSITY: A TREASURE TROVE OF VITAMINS AND MINERALS**

Greens are celebrated for their low calorie yet nutrient-dense profiles, packed with vitamins A, C, E, and K, as well as an abundance of B vitamins. Minerals like iron, potassium, magnesium, and calcium are also abundant in greens.

## **ANTIOXIDANTS AND PHYTONUTRIENTS**

Beyond the basics, greens are packed with a battalion of antioxidants and phytonutrients that combat oxidative stress and bolster health.





# HEALTH BOOST FROM EATING GREENS



**IMPROVED DIGESTION AND SUPPORT GUT HEALTH:** Fiber is crucial for maintaining a healthy digestive system, and greens are a fantastic source.

**ANTIOXIDANTS: YOUR CELLULAR SHIELD AGAINST DISEASE:** Antioxidants help to neutralize harmful free radicals in the body, preventing cellular damage and reducing inflammation.

**ENHANCING IMMUNE FUNCTION:** Greens into your daily diet can significantly enhance immune function.

**SUPPORT FOR HEART HEALTH:** Greens are allies of the heart. The regular consumption of leafy vegetables has been associated with a range of cardiovascular benefits.

**CHRONIC DISEASE PREVENTION:** The various phytochemicals and nutrients in greens help in regulating blood pressure, improving insulin sensitivity, and reducing arterial plaque.

**WEIGHT MANAGEMENT AND ENERGY LEVELS:** The fiber in greens like lettuce and arugula contributes to a feeling of fullness, which helps control appetite and can reduce overall calorie intake.

**MENTAL HEALTH AND COGNITIVE FUNCTION**  
Recent studies have highlighted the connection between a diet rich in greens and mental health benefits, including a slower cognitive decline with age.

# ACTIVITY SHEET

## *The Health Quest 365 Activity for UNLOCKING THE POWER OF GREENS: THE ESSENTIAL HEALTH BENEFITS OF GETTING YOUR DAILY GREENS*



*What is the best recipe you have tried recently that has a green vegetable as a main ingredient?*

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*How could you incorporate greens into your breakfast options?*

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*Which greens are known to have excellent detoxifying properties?*

- A. Lettuce*
- B. Swiss Chard*
- C. Cilantro*
- D. Celery*

*List three green vegetables you consume regularly.*

- 1.*
- 2.*
- 3.*

*Reflect on your understanding of greens before and after this activity.*

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To preserve the nutrients in greens, it's best to cook them using methods that involve minimal heat and water. Steaming is an excellent option as it reduces nutrient loss compared to boiling. Stir-frying or sautéing can also preserve nutrients and enhance flavor.

Lastly, eating greens raw, such as in salads or slaws, ensures that all of their nutrients remain intact.

Your body will thank you for the extra serving of greens! Check out Health Quest 365's [Organic Greens 365](#) and [Organic Reds 365](#)!





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