

vegetable for 5 minutes. This allows the fiber-related components to bind making it easier for bile acids to be excreted which results in a lowering of Cholesterol levels and decrease absorption of dietary fat. You may steam the Kale with garlic 1-2 times weekly as recommended by Dr. Randy Aronson (PAWS Veterinary Center and Radio Pet Vet), but should use cautiously for garlic naturally can act as a blood thinner. Kale also serves as a Cancer risk-lowering food for it contains Sulforaphane (a molecule within the isothiocyanate group of organosulfur



compounds. It exhibits anticancer and antimicrobial properties in experimental models). Cancers such as Bladder, Breast, Colon, Ovary and Prostate may be benefited through the consumption of Kale. This vegetable also contains a source of indole-3-carbinol, a chemical that boosts DNA repair in cells and appears to block the growth of Cancer cells. In a nutshell Kale is excellent in providing comprehensive support for the body's detoxification system. Researchers have identified over 45 different flavonoids (a class of plant secondary metabolites). Kaempferol and Quercetin head the list of flavonoids in Kale. Kale's flavonoids combine numerous anti-oxidant and anti-inflammatory agents. It plays as an abundant source of fiber, calcium, vitamin and minerals as well as trace metals.

The Break Down Of Kale			
Kale, steamed 1 Cup (130 grams) Calories = 36			
Vitamins		Trace Metals	
Vitamin K	778%	Calcium	7%
Vitamin A	85%	Phosphorus	4%
Vitamin C	49%	Copper	22.2%
Vitamin B2	6.9%	Iron	7%
Vitamin B3	4%	Magnesium	5%
Vitamin B6	11%	Manganese	20%
Vitamin B1	5.8%	Potassium	5%
Vitamin E	6%	Sodium	2%
		Zinc	3%
	Omega-3 Fats	5.4%	
	Beta-carotene	76%	
	Protein	4.9%	
	Folate	3%	