

September

## Dietitian's Choice

### Kale



#### Why is Kale a Superfood?

- Rich source of Vitamin A, which helps our skin and eyes stay healthy!
- Great source of fiber to help promote a healthy gut and lower bad cholesterol!
- Excellent source of potassium to help lower your blood pressure during stressful school weeks!
- Packed full of antioxidants to keep your immune system running!
- Exceptional source of Vitamin K!

**Fun Fact:** While there are many types of Kale, the most popular are curly kale, red Russian kale, or Tuscan (aka: dino kale). Try them all and find your favorite!