



The Quint**ESSENTIAL** Local food guide for a Good Gut Health

Spinach

Spinach is also known as a superfood for its health benefiting nutritional and antioxidant properties. Adding this green into a healthy diet with pulses or vegetables benefits in multiple ways.

Health Benefits of Spinach

- ♦ Rich source of Folic Acid and Iron
- ♦ Facilitates digestion. A good source of fiber and helps prevent constipation
- ♦ Good source of vitamin A and Vitamin K
- ♦ Spinach provides flavonoids – which are powerful antioxidants

Tewani et al. Int Jour appl Res & Tech. 2016;1(2): 140-148