

Lets talk SUPER FOODS! Isn't SPINACH incredible? Many of you know it looks and tastes great, but do you also know why it's SO HEALTHY for you? Well, read on to learn more.

Spinach is the bicep-bulging favorite vegetable of Popeye, and one of the most nutrient-dense, widely available plants. Two cups of raw spinach (about 60g) has 14 calories, 1.7g of protein, 0.2g of fat, 2.2g of carbohydrates, 1.3g fiber, and 0.3g sugar. While the macro-nutrient numbers are not large, the micro-nutrients are phenomenal! Spinach is an excellent source of vitamin K, vitamin A, manganese, and folate, and a good source of magnesium, iron, copper, and riboflavin (vitamin B2). Note that these values are for raw spinach. Spinach can also be cooked, where it's size will be largely reduced.

**Vitamin K:** There are three types of vitamin K. Vitamin K helps with blood clotting, amino acid metabolism, cell signaling in bone tissue, and more. It is especially important right after birth, as it prevents excessive bleeding in infants.

**Vitamin A:** Actually the collective name for a group of fat-soluble vitamins. Vitamin A has many essential functions, including helping with the formation of visual pigments (i.e. eyesight), assisting with immune function and wound healing, helping with embryonic development, and more.

**Manganese:** An essential mineral that the body can only obtain through food. It has many vital functions, including helping to metabolize carbohydrates, cholesterol, and amino acids. It also assists the antioxidant enzymes of our mitochondria (the powerhouses of our cells).

**Vitamin B9:** Also known as folate, has many important functions in the body. It helps metabolize nucleic and amino acids, assists in the formation of new proteins, helps with red blood cell formation, and more.

**Magnesium** is an essential mineral that the body can only obtain through food. It helps metabolize carbohydrates and fat, and synthesize protein and DNA. It also helps the body heal.

**Iron** is an important mineral, which takes two forms: heme and non-heme. Iron assists in oxygen flow, red blood cell formation and blood vessel growth, energy production, and metabolism function. It also helps other proteins and enzymes take form in the body.

**Copper** has many functions in the body, including helping with protein synthesis and cellular energy. It also plays a critical role in oxidation-reduction reactions and free radical scavenging.

**Vitamin B2:** Also known as riboflavin, has many functions including helping your body metabolize toxins in the liver, helping metabolize iron, and assisting with the creation of red blood cells.

More information available via the Source page:

<https://www.precisionnutrition.com/encyclopedia/food/spinach> 4/30/2020

