- High fiber reduces risk for diverticulosis, constipation
- reduces risk for developing cancer
- Contains sulforaphane, a compound in cruciferous vegetables that

One small turnip contains more than half the daily RDA for vitamin C

- Also high in vitamins K, A, E & several B vitamins; High in minerals manganese, potassium, magnesium, iron, calcium and copper
- Health Benefits of Turnips One medium-sized turnip root provides: • 34 Calories, 1 gm protein, 4 gm fiber, 0 fat, no cholesterol

Turnips look like root vegetables but are from the cabbage family. They are commonly white near the bottom and grade to purple on top where it has been exposed to sunlight. Both the root and greens are high in nutrition.



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