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- Shred raw for salads, chop into stir fry, grill, steam, or toss in soups or stews
- leaves. Use both stems and leaves Choose bunches with firm stalks and crisp leaves. Wash dirt from between
 - which may reduce risk of cancer and tumor growth
 - As a cruciferous vegetable, it contains compounds, mostly in the stalks,
 - Folate and vitamin B6 protect against anemia and birth defects
 - improve bone density and prevent osteoporosis Contains critical minerals calcium, zinc, iron, and magnesium that can
 - fight free radicals and reduce inflammation to prevent chronic disease
- Powerful antioxidants lutein, beta-carotene, vitamin C, quercetin and more

Potential benefits of consuming Bok choy:

• 9 Calories, 1 gm protein, 1 gm fiber, 0.1 gm fat, no cholesterol

1 cup raw or 1/2 cup cooked Bok choy provides:

Health Benefits of Bok Choy



compounds that can prevent chronic disease. strong bones, improve blood circulation and provide Bok choy is a type of Chinese cabbage that can build



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