- Cooked zucchini is great in stir fry, soups or spiralized into noodles
- Minerals potassium, magnesium, calcium, and phosphorus help maintain normal blood pressure, regulate fluids and mineral balance and boost
- energy production Zucchini can be sliced, cubed or shredded and eaten raw with dips, in

• Antioxidants like zeaxanthin and lutein promote eye health by reducing

- salads, or sliced on sandwiches
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1 cup chopped, raw zucchini provides: •20 Calories, 1 gm protein, 1 gm fiber, 0.2 gm fat, no cholesterol

Potential benefits of consuming zucchini:

Health Benefits of Zucchini

risk of eye conditions cataracts and glaucoma

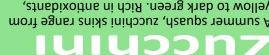
Rich in B vitamins riboflavin, thiamin, niacin, B6

A summer squash, zucchini skins range from yellow to dark green. Rich in antioxidants, vitamins, minerals and fiber, they are low in calories. Insides, skins and seeds are all edible.

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energy production



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