



# Alegría

LOCALLY-GROWN,  
NATURALLY!

**FRESH**

REGENERATIVE ORGANIC SALAD GREENS  
HIGHLY NUTRITIOUS SAME-DAY HARVEST // CLEAN & NATURAL  
PESTICIDE FREE // SPECIALLY SELECTED SUPERFOODS  
GREAT TASTE DELIVERED TO YOUR DOOR!

## Welcome to the Alegría Farmacy!

*Longevity, health and well-being is just a delicious salad away!*

### SALAD GREENS

### HEALTHY FACTS



## Chard

(Golden, Ruby and Rainbow)

*Scientific name: Beta vulgaris*

*Spanish name: Acelyas*

- Swiss chard is the storehouse of many phytonutrients that promote health and prevent disease.
- Chard leaves are an excellent source of anti-oxidant vitamin, vitamin C. Its fresh leaves provide about 33% of recommended daily levels per 1 cup. As an anti-oxidant, vitamin C helps to quench free radicals and maintain normal connective tissue, prevent iron deficiency, and help the body boost immunity.
- Chard is one of the excellent vegetable sources for vitamin-K; one cup provides about 700% of recommended daily intake. Vitamin K promotes bone health by supporting osteotrophic (bone formation and strengthening) activity. Adequate vitamin-K levels in the diet help limit neuronal damage in the brain, therefore it prevents Alzheimer's disease.
- It is also rich source of omega-3 fatty acids which reduce inflammation and prevent heart disease; vitamin-A to support macular health; flavonoids; and powerful anti-oxidants like  $\beta$  carotene,  $\alpha$ -carotene, lutein and zeaxanthin.
- It is also rich in B-complex group of vitamins such as folates, niacin, vitamin B-6 (pyridoxine), thiamin and pantothenic acid that are essential for optimum cellular metabolic functions; and brain health.

- It is also rich source of minerals like copper, calcium, sodium, potassium, iron, manganese and phosphorus. Potassium is an important component of cell and body fluids that helps stabilize heart rate and blood pressure by countering the effects of sodium. Manganese is used by the body as a co-factor for the antioxidant enzyme, superoxide dismutase. Iron is required for cellular oxidation and red blood cell formation.
- Regular inclusion of Chard in the diet is found to prevent osteoporosis, iron deficiency anemia, vitamin A deficiency and believed to protect from cardiovascular diseases and colon and prostate cancers.