



# 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



## Chinese Cabbage Bok Choy Pak Choy

*Scientific name: Brassica Pekinensis*  
*Spanish name: Repollo chino*

- Chinese cabbage or bok choy is a commonly used in stir fries, soup, and stew. It belongs to the family of cruciferous vegetables that includes Brussels sprouts, broccoli, and cauliflower.
- **Cancer Prevention:**  
**Cruciferous vegetables like bok choy are powerful cancer fighters. The more cruciferous vegetables in a person's diet, the less likely he or she is to get cancer. This is in part due to the glucosinolates these vegetables contain as well as a phytoalexin called brassinin.**
- Bok choy also rich in beta-carotene, an antioxidant which has been found in studies to be effective in reducing a person's risk of cancer. Some people have even suggested that beta-carotene may actually reverse the damage that has already occurred as a result of cancer cells in the body.
- **Digestive Health:**  
Bok choy is a great source of fiber, which is essential for healthy digestion. When a person is eating enough fiber, the body can use that fiber to remove waste through the intestines. It is the bulk that is needed to keep everything moving through the digestive tract.
- **Eye Health:**  
The beta-carotene in bok choy is beneficial for eye health, helping in the prevention of cataracts and macular degeneration.
- **Blood Pressure:**  
Bok choy is a great source of potassium and calcium, both of which help to lower blood pressure levels. Additionally, bok

choy is low in sodium, and lower levels of sodium have been linked to lower blood pressure levels.

- **Weight Loss:**  
Bok choy is very high in many vitamins and minerals and low in calories, which is the perfect combination for weight loss. Also, the fiber in bok choy helps to fill your stomach without adding extra calories, which may help to reduce the total amount of calories that are eaten in a day.
- **Pregnancy Health:**  
Pregnant women need a higher amount of folic acid in their diets because the folic acid prevents certain birth defects. Bok choy is a great source of folic acid and eating it during and after pregnancy can be beneficial. Breastfeeding mothers who consume bok choy have increased milk production.
- **Immune Support:**  
Bok choy is a great source of vitamin C, which is effective in strengthening the immune system and preventing disease and infection.
- It is a rich source of many essential vitamins and nutrients listed below:
  1. Vitamin A is essential for proper functioning of the immune system, improvement of vision and proper growth of bones and teeth
  2. Vitamin K plays a significant role in the coagulation of blood, facilitates the absorption of calcium and maintains bone density.
  3. Vitamin C is a well-known natural antioxidant, which protects the body from the harmful effects of free radicals.
  4. Vitamin D in Bok which facilitates the absorption of calcium and phosphorus, and thereby ensures healthy bones and teeth.
  5. Folate is mainly required for proper development of tissues and cells and is associated with lowering the risk of heart diseases.
  6. Vitamin B6, on the other hand, is crucial for carbohydrate, fat and protein metabolism and formation of red blood cells and antibodies.
  7. Carotenoids (beta-carotene) are known for their antioxidant properties and are believed to reduce the risk of many cancers. Carotenoids are also beneficial for resolving eye problems like glaucoma and ocular degeneration.
  8. Calcium is crucial for healthy bones and teeth
  9. Potassium maintains the electrolyte balance in our body. Potassium may also reduce the risk of circulatory diseases like heart diseases. It is responsible for regulating the blood pressure level.
  10. Also contains glucosinolates, which is converted into isothiocyanates in our body. Isothiocyanates are believed to be responsible for fighting cancer and improving the immune system.