



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



Lettuce:

Scientific name: Lactuca sativa
Spanish name: Lechuga

Romaine (Green and Red), Summer Crisp, Butterhead

- Lettuces are 15-20% protein with about 7.7 grams of protein per head. It is also a complete protein, with all 8 essential amino acids, 9% RDA of some and up to 26% RDA of others.
- One head of romaine has 206mg of calcium (about 21% RDA) to help build strong bones.
- One head of lettuce contains 44% RDA of Omega-3 essential fats which reduce hypertension and promote low cholesterol and heart health. Researchers now believe that alpha-linolenic acid (ALA), one of the omega-3s, may be particularly beneficial in protecting against heart and blood vessel disease, and for lowering cholesterol and triglyceride levels.
- Lettuce has more Vitamin C Than An Orange. One head of romaine contains 167% RDA of vitamin C while an average sized orange contains only 92%. A powerful natural antioxidant, vitamin C helps the body resist infectious agents fights free radicals and inflammation. Vitamin C creates collagen to support beautiful skin, strong bones and healthy joints.
- Iron. One head of romaine contains 6mg of iron, which is a significant amount, especially for vegetarians. Iron is a component of hemoglobin, the red pigment in blood that transports oxygen to the cells and removes carbon dioxide from the cells. It supports the production and release of energy in the body.
- Romaine Lettuce is Rich in B-vitamins, including 38% RDA of Thiamine (B1), 32% RDA of Riboflavin (B2), 12% RDA of Niacin (B3), 18% RDA of Pantothenic Acid (B5), 36% of Pyridoxine (B6), and 213 RDA of Folate (B9). B Vitamins are necessary for the metabolism of

carbohydrates, proteins and fats. The body uses them as coenzymes, which facilitate chemical reactions in the body. They also aid the body with cell replacement and folate is useful in preserving brain function.

- Lettuce is rich in beta-carotene with 1817% RDA per head. High in antioxidant properties, vitamin A is required for maintaining healthy mucus membranes and skin, and is essential for vision.
- It also has 535% RDA of vitamin K which helps increase bone mass by promoting osteotrophic activity. It also limits neuronal damage in Alzheimer's disease patients.
- Leafy greens are mineral rich. One head contains 33 % of the RDA for copper, which is required for red blood cell production. It contains 22% RDA for magnesium, which is essential for every biochemical process and helps regulate the release of insulin and keep blood sugar stable. Magnesium also controls the movement of calcium in and out of the cells. Lettuce has 42% of the RDA for manganese, 27 % of the RDA for phosphorus, 5% of the RDA for selenium and 13% RDA for zinc. Its 33% RDA for potassium is important as potassium supports body fluids that regulate heart rate and blood pressure.
- Lettuce leaves are the storehouse of many phyto-nutrients that have health promotional and disease prevention properties.
- Lettuce has natural opiates that provide a calming effect if consumed within hours of its harvest.
- Zeaxanthin (1730 mcg per100) an important dietary carotenoid in lettuce is selectively absorbed into the retinal macula lutea where it is thought to provide antioxidant and protective light-filtering functions, thus it offers some protection against age related macular disease.
- Regular inclusion of lettuce in salads is known to prevent osteoporosis, iron deficiency anemia and believed to protect from cardiovascular diseases, ARMD, Alzheimer's disease and cancers.



Romaine (Green and Red)



Summer Crisp



Butterhead