



Curly kale is a superfood for weight loss and fighting cancer

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Abstract. The article discusses the main properties of curly cabbage and _ impact on the human body. A systematic review of modern specialized literature and relevant scientific data was carried out. The chemical composition and nutritional value of the product are indicated, the use of kale in various types of medicine and the effectiveness of its use in various diseases are considered. Potentially adverse effects of curly hair were analyzed separately. cabbage on the human body under certain medical conditions and diseases.

Key words: kale, kale , benefit, harm, beneficial properties, contraindications

Kale is a green leafy vegetable in the cruciferous family. The most common variety is called kale and is one of the best superfoods in the world. The product is rich in antioxidants to fight cancer, heart and gastrointestinal diseases. It has advantages over broccoli, kohlrabi and other types of cruciferous, so it should definitely be added to the diet.

Calorie content of different varieties of kale is approximately 40-50 kcal / 100 g. One cup (67 g) of raw curly cabbage has 33 kcal, almost 3 g of protein and 2.5 g of fiber, which is ideal for health. Dietary fiber is useful in that it normalizes blood sugar levels, gives a feeling of satiety. At the same time, fat in a serving is less than 1 g and it is represented by omega-3 - another plus of a vegetable plant recommended for people with diabetes, overweight. You can also extract 100% of your daily value of vitamin C and 300% of vitamin K from this serving.

Top 8 Benefits of Curly Kale

1. Clears skin, strengthens hair and nails

Curly cabbage is rich in beta-carotene, a carotenoid that the body converts into vitamin A. It is essential for the growth and maintenance of all body tissues, including skin, hair, eyelashes, and nails. Ascorbic acid supports the growth of the structural protein collagen and thus protects the skin from flabbiness, wrinkles, stretch marks. ^[one]

2. Promotes detoxification , weight loss without harm to health

The fiber and sulfur in kale improve digestion, lower cholesterol, detoxify, and support liver health. Vitamin C hydrates the body and speeds up metabolism, which leads to weight loss and lower blood sugar if levels are too high. ^[2, 3]

3. Prevents the development of cancer

Greens contain indole-3-carbinol, which affects the production of estrogen in the body and may protect against breast cancer. The component neutralizes the negative estrogen effect - it is useful for everyone who has been diagnosed with estrogen-related diseases (myoma, mastopathy, endometriosis , etc.). New research also shows the effectiveness of kale against colorectal cancer. ^[4, 5, 6]

4. Helps with Diabetes

Consuming dietary fiber, which is rich in cabbage, reduces blood sugar levels and the risk of developing type 2 diabetes, which is confirmed by the American Diabetes Association. But if the disease could not be avoided, vitamin C and alpha-linolenic acid will relieve complications and reduce unpleasant symptoms. ^[7, 8]

5. Supports Heart Health

To reduce the risk of high blood pressure and cardiovascular disease, the American Heart Association recommends consuming more potassium and less salt. A cup of cooked kale has three times the amount of potassium you need in a day. And it also has enough fiber to reduce the level of fats, bad cholesterol.

6. Improves eye health and protects against cataracts

Lutein and zeaxanthin are the perfect combination of antioxidants in leafy greens. This duo reduces the risk of developing cataracts and other eye diseases that progress with age. Their effect is increased by the vitamins and microelements included in the composition - E, C, beta-carotene, zinc. ^[9]

7. Normalizes digestion and restores the microbiome

Fiber and water prevent constipation and improve the condition of the digestive tract. Kale also contains a lot of chlorophyll. Although the body is not able to absorb the antioxidant in large quantities, it binds to carcinogens and removes from the body, reduces the negative impact of harmful fried foods. This effect is supported by vitamin C, beta-carotene, selenium.

8. Strengthens bones

Healthy bones require more than just calcium and phosphorus. Micronutrients are critical, but vitamin K1 also benefits. The specific form differs from vitamin K2 found in animal foods and fermented soybeans. K1 is important for blood clotting and helps prevent heart disease and osteoporosis. ^[10]

Who should not eat kale - risks and contraindications

The minus of a superfood is that it is on the list of vegetables at risk of pesticide contamination. Nutritionists recommend buying it from reliable suppliers and washing it thoroughly before eating. People with a tendency to form oxalate kidney stones need to limit its consumption or completely

eliminate it from the diet . A vegetable is not recommended when taking blood-thinning drugs and beta-blockers for the heart.

How much kale should you eat and how to choose it?

Nutritionists advise adding curly cabbage to your diet 2-3 times a week. Its effect on the body will largely depend on how well the digestive system tolerates cruciferous. To get the most benefit from an organic product, darkened wilted leaves should be avoided - they should be dark green without yellowing, hard and dry, not wilted and soft. The vegetable will keep for up to five days in the refrigerator (if not wrapped tightly), after which the leaves become tough.

How to eat and cook kale for health, weight loss?

The taste and nutritional value of the product varies slightly depending on the species. For example, Tuscan lacinato is less bitter than curly cabbage, and the delicacy red Russian is sweet and tender with a touch of lemon and pepper. Any variety of curly cabbage can be eaten raw, steamed, stewed, boiled, fried. It should be borne in mind that heat treatment reduces bitterness, but reduces the amount of antioxidants and minerals.

Superfood grows well in winter and helps out when other vegetables are less available. The leaves caught by frost do not lose their properties and become softer, sweeter. The exception is the middle rib - it is tough, fibrous, the most bitter and it is desirable to remove it (by hand or with kitchen scissors). The stems do not have to be thrown away - you can fry in a small amount of olive oil with the addition of sea salt. A healthy vegan treat will be a great addition to the side dish.

Expert comment

Tatyana Eliseeva, nutritionist, nutritionist

The fantastic benefits of kale make it clear that you should definitely add it to your menu. You can make smoothies , soups, casseroles, rolls, sandwiches, potatoes, pesto , savory pies and more with it. Definitely one of the best natural products on the planet that your body deserves!

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