

Mustard Greens

Mustard Greens have a strong flavor and has anti-c...

Green Beans

Green prevents birth defects and diabetes...

Leek

Leek helps prevent atherosclerosis and Type-2 Diab...

Okra

Okra reduces birth defects and prevents stomach ul...

Kale

Kale is low in calories and high in fiber...

Artichoke

Artichoke is a fiber source and helps in digestio...

Green Onion

Green Onion's green color prevents skin wrinkling...

Carrot

Carrots may fight cancer and is good for the heart...

Bitter Gourd

Bitter Gourd keeps blood sugar levels down and imp...

Vitamin K and its health benefits

Named after the German word 'Koagulation' (or coagulation), Vitamin K refers to a group of three basic types of vitamins; K1, K2 and K3. Vitamin K1 is easily found in most plant foods, especially green vegetables, along with K3 which is found in most food