

# Green Chard

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Green chard reduces the risk of Diabetes and prevents Alzheimer's

## GEEK TALK

Vulgaris var

## BUT WE TALK

Swiss Chard, silverbeet, perpetual spinach, spinach beet, crab beet, bright lights, seakale beet, mangold, leaf beet, white

beet, joutte, blette

## DID YOU KNOW?

Also referred to as Swiss Chard, this leafy green vegetable comes from the same family as spinach and beets. Often used in Mediterranean cooking, the thick crunchy stalk of Chard comes in a variety of colors namely, white, red, yellow, green and orange

Sometimes bunched together, it is sold as rainbow chard.

Chard is sometimes prepared raw in a salad, but is also regularly prepared boiled where it maintains much of its nutritional value.

## KITCHEN PHARMACY

- Green Chard has been linked to helping reduce the risk of diabetes as well as helping those who have diabetes by lowering the rate of blood sugar.
- A tremendous source of calcium, Chard provides great bone support.
- Holding high levels of vitamin K, Chard is believed to be beneficial in preventing Alzheimer's as well as supporting a strong immune system.

