

# VEG, GLORIOUS VEG

**FIVE GREAT BENEFITS OF HAVING MORE VEG IN  
YOUR DIET.**

## **1. IMMUNE SUPPORT**

Around 70% of our immune activity can be found in, or near, the gut. The phytonutrients found in vegetables, that give them their different colours, can help to lower inflammation, improve immune function, and they also have anti-oxidant effects (= mopping up waste products, aka free radicals).

## **2. WEIGHT MANAGEMENT**

Fruit and vegetables contain a high degree of dietary fibre (especially in their skin). Fibre helps to slow down our digestion, and to give us some 'bulk' to keep us regular. Fibre also contributes to our weight management by helping to balance our blood sugar levels, and by feeding our friendly gut bacteria, affecting our hunger and desire for certain foods.

## **3. ENERGY BALANCE**

As well as fibre helping to balance our blood glucose and energy, vegetables contain an array of minerals and vitamins. These are needed for many processes, including ATP production, which is how we get our energy. Without adequate supply, energy production may drop, therefore supplementing the diet with plenty of diverse veggies is a 'win win'.

## **4. HORMONE FUNCTION**

Eating vegetables may help to maintain the balance of the bodies hormones. Cruciferous veg (think, broccoli, cauliflower, Brussel sprouts) can help with sex hormone balance (oestrogen), whilst our leafy greens may aid regulation of our stress hormone, cortisol.

## **5. SUPPORTING GROWTH**

Vitamins and minerals are abundant in vegetables, and vital for healthy growth and development. For example, calcium (broccoli, spinach, kale) is essential for optimum bone formation, and folate is required (leafy greens), especially during pregnancy, for it's role in optimising cell division and growth.

Refresh and Restore

