

KALE: Great for your health!

1

Reduce your risk of cancer.

Kale is a source of sulforaphane and isothiocyanates, two powerful antioxidants that may help reduce the risk of cancer.

2

Boost your mental health.

A high total intake of fruits and vegetables, including green leafy vegetables, may lower psychological stress, reduce depression, and foster well-being.

3

Protect your bladder.

Green leafy vegetables like kale may help prevent bladder cancer.