

Healthy Leaves

A heady mix of vitamins, minerals, protein, antioxidants and other nutrients, leafy greens contain all this and more. If you need any more convincing, they are good for your heart, blood sugar, immune system and cell repair. The comprehensive list as under will point you in the right direction.



What are the health benefits

There are some healthy leaves that are part of our diet traditionally. For example, spinach is a green leafy vegetable that has always been used as an ingredient to prepare tasty dishes.



These healthy leaves are part of our diet in varying forms. Some healthy leaves that can be eaten are also herbs and spices. We all use healthy herbs like thyme, parsley and mint to garnish our food. A portion of these healthy herbs are also used medicinally. For example, we have basil leaves in order to cure cough and cold.