

# What's Inside Spinach?



## Nutrition Information:

(based on one cup of spinach)

- 33 Calories
- 14% of daily Vitamin A
- 26% of daily Vitamin K
- 26% of daily Vitamin C
- 14% of daily Vitamin B6
- 14% of daily Magnesium
- 15% of daily Foliates



## Cooked vs. Raw Spinach

Raw spinach provides more folate, vitamin C, niacin, riboflavin, and potassium. However, the body can absorb other nutrients better from cooked spinach, including vitamin A, vitamin E, beta-carotene, zinc, thiamin, calcium, iron, lutein, and zeaxanthin.

Steaming is ideal for preserving the most nutrients possible when cooking spinach. Stir-frying and sauteing do not preserve as many nutrients but retain more nutrients than boiling.

Raw spinach has oxalic acid, which can reduce the absorption of nutrients such as calcium and iron from spinach. However, oxalic acid breaks down when spinach is heated!



**The verdict: Both raw and cooked spinach have benefits and neither is “worse” -- try recipes that include spinach in different forms to get the most variety in your diet!**

## What makes spinach special?

Spinach is rich in folate, a vitamin that helps the body make new cells. The folates that are found in spinach are also great for pregnant women. These minerals help the development of the brain and spine of the fetus.

The lutein and zeaxanthin found in spinach help protect eyes from harmful blue light and may help reduce risk of eye issues in older age such as cataracts.



Vitamin C supports our immune system to prevent us from getting sick and to heal wounds. It also helps to maintain our oral health.



Vitamin K keeps our bones strong and healthy.



Vitamin A makes sure that our vital organs (heart, lungs, kidneys, etc.) function properly.



Betaine helps with liver function, cellular reproduction, and artery health.



Magnesium regulates our blood pressure and assists in our muscle and nerve functions.



Foliates are important in red blood cell formation and for the health, growth, and functioning of all of our cells.