

HEALTHY REEDER TIPS

THE REEDERS BLOCK NEWSLETTER

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3 REASONS TO EAT MORE LEAFY GREENS VEGETABLES



Corn tastes good, but leafy green vegetables are important to the human diet, both adults and children. When parents prepare a meal, they sometimes are more concerned with having a three- or four-course meal than what the meal is made of. Without leafy green vegetables, a person's body and their children's are missing out on vital nutrients. Here are 3 reasons to eat more leafy green vegetables:

1. They can be dense in vitamin C and K.
 2. Their high-fiber content can help in weight loss.
 3. They are a superfood.
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THE TAKEAWAY

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