

# SPIRAL PATH to Good Health

Cutting vegetables into spirals makes them fun to eat. And eating vegetables is a proven path to good health. Here are some vegetables that are fun and easy to spiralize, along with some fun facts about their health benefits.

## BEETS

- High in nitrates
- Improves blood flow. Many endurance athletes drink beetroot juice

## CABBAGE

- Loaded with Vitamin C
- Used as a remedy for stomach ulcers

## CARROTS

- High in antioxidants
- Helps protect against symptoms of early aging, such as hair loss



## ZUCCHINI

- Rich in nutrients and antioxidants
- Maintains healthy digestion and reduces risk of constipation

## SQUASH

- Storehouse of vitamins and minerals
- Summer squash is fat free and good for helping lose weight

## SWEET POTATOES

- High in fiber
- Antioxidant beta-carotene contributes to healthy eyes and good vision.



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