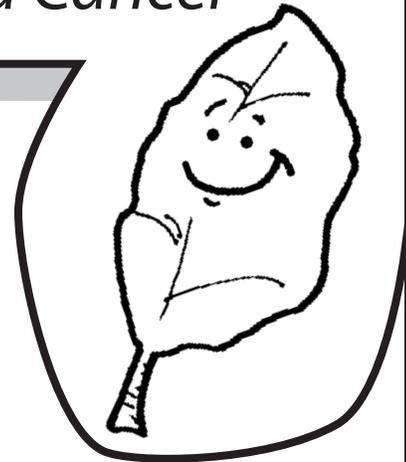


Green Leafy Vegetables *and Cancer*



Why should I be concerned about cancer?

Cancer is the second most common cause of death in the US. It kills 1 out of every 4 Americans each year.

How is diet related to cancer?

Diet may be linked to as much as one-third of all cancer cases in the US. Recent research has shown that components of plant foods called phytochemicals may decrease cancer risk.

What are phytochemicals?

“Phyto” comes from the Greek word for plant. Phytochemicals are natural parts of plants that may help prevent chronic diseases like cancer.

How do green leafy vegetables decrease cancer risk?

Greens contain vitamin A, vitamin C, and fiber, all of which may reduce the risk of cancer. Vitamin A is necessary for healthy body tissue, vitamin C acts as an antioxidant, and fiber may help reduce the risk of colon cancer by helping get rid of digestive wastes. Greens also contain beneficial phytochemicals.

FAST FACTS...

- In addition to vitamin A, spinach is a relatively good source of folate.
- Originally called borecole, kale was eventually renamed by the Scots.
- Spinach was the first frozen vegetable sold.
- Collard and mustard greens are popular soul-food ingredients.
- Spinach, collard, kale, mustard, and turnip greens are found fresh, frozen, and canned.



Greens in YOUR diet...

Include **3 to 4 servings** of dark green leafy vegetables per week. One serving is **1/2 cup** cooked or **1 cup** raw greens.

Dark, Leafy Greens	Vitamin A (RE/serving)*
Spinach, 1/2 cup	737
Kale, 1/2 cup	481
Turnip Greens, 1/2 cup	396
Swiss Chard, 1/2 cup	276
Collard Greens, 1/2 cup	175

*Average retinol equivalents per 1/2 cup boiled greens

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