

# LEAFY GREENS

## Did you know?

- Greens are a rich source of vitamins like A and E, B2 and B6.
- Leafy greens also supply necessary minerals like iron, calcium, potassium, manganese and copper.
  - Greens contain chlorophyll, which acts as a blood cleanser and detoxifier. Chlorophyll helps fight infection and skin problems and is also anti-inflammatory.
  - Greens, especially dark leafy greens, are packed with calcium and magnesium, which are important for strong bones and teeth.
  - Greens are an excellent source of fibre, which is essential for proper digestion and bowel health as well as cardiovascular health.

# FEBRUARY - 2021

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
|        | 01     | 02      | 03        | 04       | 05     | 06       |
| 07     | 08     | 09      | 10        | 11       | 12     | 13       |
| 14     | 15     | 16      | 17        | 18       | 19     | 20       |
| 21     | 22     | 23      | 24        | 25       | 26     | 27       |
| 28     |        |         |           |          |        |          |

