

Kale

“ Example of key message:



Kales: Rich in various vitamins and minerals”

Makes bones
and
teeth strong

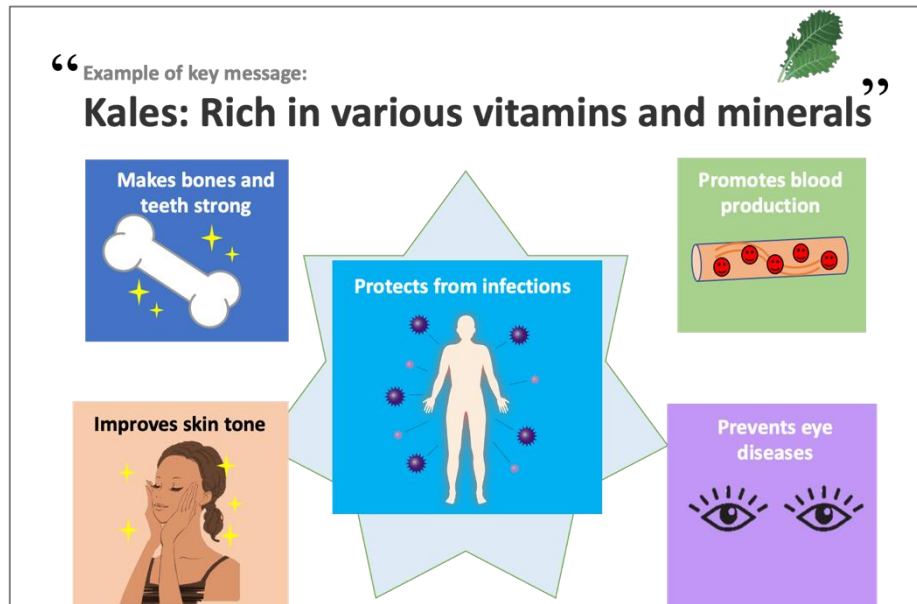
Promotes blood
production

Improves skin
tone

Protects from
infections

Prevents eye
diseases

Health effects of kales



100g of flesh kales of kale(100g) contains 2 times of adult's daily requirement of vitamin C.



Q Why does it protect us from infections?

A It contains nutrients (vitamin C and beta- carotene) that boost the immune system.

Q Why is it good for the skin?

A It contains a nutrient (vitamin C) that improves skin condition.

Q Why does it strengthen bones and teeth?

A It contains a nutrient (calcium) that is the main component of bones and teeth.

Q Why does it promote blood production?

A It contains a nutrient (folate) that helps to produce blood

Q Why is it good for the eyes?

A It contains a nutrient (vitamin A) that is necessary for visual functions.

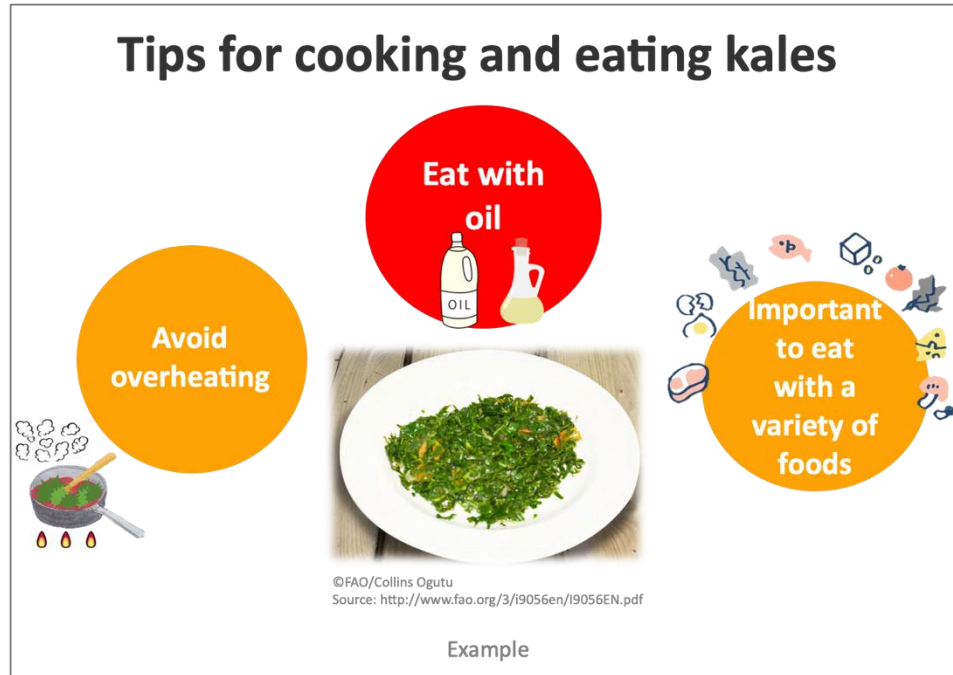
Tips for cooking and eating kales



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Source: <http://www.fao.org/3/i9056en/I9056EN.pdf>

Example

Tips for cooking and eating kale



Eat with oil to help with the absorption of nutrients.

Avoid overheating. The longer a food is cooked, the greater the loss of nutrients.

Eat a variety of whole (i.e., unprocessed) and fresh foods every day to help obtain the right amounts of essential nutrients.

Eat a combination of different foods, including **staple foods** (e.g., cereals such as wheat, barley, rye, maize, or rice), or **starchy tubers or roots** (e.g., potatoes, yams, taro or cassava), **legumes** (e.g., lentils, beans), **vegetables, fruit, and foods from animal sources** (e.g., meat, fish, eggs, and milk).