



Green beans are an extremely healthy food option, which contains low content of potassium. They help in keeping many diseases at bay, thus helping in maintaining your health.

The power of green beans has been highly underrated! It's a very powerful super food that protects the body against diseases. Green beans contain a high amount of chlorophyll. This blocks the carcinogenic effects of heterocyclic amines that are generated when grilling meats at a high temperature. Individuals who prefer their grilled foods charred should pair them with green vegetables to decrease the risk. Beans are a good source of iron, and Harvard Medical School suggests that this may enhance fertility in women. For women of child-bearing age, consuming more iron from plant source. Take green beans to promote fertility, according to Harvard Medical School. Adequate folic acid intake is also needed during pregnancy, to protect the fetus against neural tube defects. One cup of green beans provides approximately 10 percent of daily folic acid needs and 6 percent of iron. Daily folate needs may also help with depression. Adequate folate consumption can prevent an excess of homocysteine in the body.

Too much homocysteine can stop blood and other nutrients from reaching the brain, and it can interfere with the production of the feel-good hormones serotonin, dopamine, and norepinephrine, which regulate mood, sleep, and appetite.

Low intake of vitamin K is associated with a higher risk of bone fracture.

Adequate vitamin K consumption improves bone health by modifying bone matrix proteins, improving calcium absorption, and reducing urinary excretion of calcium.

One cup of green beans provides 14.4 micrograms of vitamin K, or almost 20 percent of the daily requirement, 4 percent of a person's daily need for calcium.

It is important to remember that it is not the individual vitamins, minerals, or antioxidants alone that make vegetables like green beans such an important part of our diet. It has been proven that isolating these healthful nutrients in supplement form will not provide the same outcomes. It is best to consume them as part of a healthy, varied diet. Green beans provides healthy bones, hair, organs, muscles, heart, liver, eyes, lungs, brain, reproductive system, helps with blood sugar regulation and much more. Green beans also contain beta-carotenes. In addition, green beans contain important phytonutrients such as Vitamin K, manganese, Vitamin

C, fiber, folate, and B-vitamins. Increasing your vegetable and fruit intake can reduce the risk of heart disease, high blood pressure, some forms of cancer, and obesity.

Eating green beans is an important strategy you can use to reduce your risk of cancer and heart disease. I would recommend that you eat at least five servings of green beans daily and eat the right amount of food to stay at a healthy weight. Green beans are full of vitamins and nutrients that are thought to reduce the risk of some types of cancer. Green beans are a powerful antioxidant and may be an important part of an anti-cancer diet. Green beans a cancer-fighting food, is helpful in preventing liver, breast, pancreatic, lung, esophageal, and skin cancer. Researchers report that a nontoxic chemical found in green beans, epigallocatechin-3 gallate, acts against urokinase (an enzyme crucial for cancer growth) green beans has a lot of anti-tumor properties in them.

Green beans has antioxidant lycopene, which is in tomatoes, may be more powerful than beta-carotene, alpha-carotene, and vitamin E. Lycopene is a cancer-fighting food associated with protection against certain cancers such as prostate and lung cancer. Be sure to cook the green beans , as this method releases the lycopene and makes it available to your body. Green beans In the prevention of Breast cancer is extremely high. Green beans are filled with the super antioxidant activin. This cancer-fighting chemical, also found in red wine this offers significant protection against of cancer, heart disease, and other chronic degenerative diseases. Research has found that green beans can block the formation of nitrosamines, powerful carcinogens that target several sites in the body, usually the colon, liver, and breasts. Indeed, the more pungent green beans, the more abundant the chemically active sulfur compounds that prevent cancer. Feel free to contact me about any health concerns you may be going through.