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Professional Nutrition and Health Coach in Toronto



*Skyr plain yogurt, blueberries, banana and chopped kale*

## What do you think of kale?

If you have been following me you will know I have a 'soft' spot for **kale**. This green fibrous vegetable really is a super food and needs to become part of your regular daily food choice...why?

Because it is...

- Among the most nutrient dense food on the planet

- A powerful antioxidant\*
- Powerful for heart protection, lowering blood pressure, also an anti-inflammatory (just to name a few).
- Extremely high in Vitamin C
- Able to lower Cholesterol
- An excellent source of minerals most of us just don't get enough of like Calcium, Vitamin A, Potassium

and  
Magnesium.

Still not convinced? That's okay, I get it. You don't like the **flavour** or the **texture**.  
Let me introduce you to seasonings and a few ways to prepare **kale**.

## Recipes



*Steamed Kale*

### **Steamed Kale**

1 bunch of **kale**, trimmed and chopped,

1 cup broth/stock

1 tbsp. olive oil

3 cloves minced garlic

lemon juice

1 tsp soy sauce

fresh ground pepper to taste

whisk dressing together

Put **kale** and broth in a pan, cover and steam for 5-7 minutes or until tender, in the center of the pan add the oil and garlic until fragrant. Add the rest of the items, toss and serve.

### **Kale Chips**

wash, trim and make sure the leaves are dry, toss with olive oil and salt, line baking sheet with parchment paper. Lay out the **kale** in a single layer, bake at 400F for 8 - 12 minutes... keep an eye on them. Only 110 calories, 5 gr of fat and 6 gr of fibre in about 2 cups. Nutrient value is not lost with baking. Enjoy!!

### **Garnish**

Trim the rib out of the **kale** and add it as a garnish on your sandwich or burger

instead of lettuce.

### **Toppings**

I add a sprinkling of minced **kale** on my peanut butter and honey, whether it is on multigrain toast or a bowl of oatmeal it is a green topping you can sneak in without knowing!

### **Smoothies**

Add **kale** to any of your favourite smoothies you won't even taste it and your body will love you for it!



## **Worried about Cholesterol?**

Cholesterol is used to make bile acids which help digest fats whenever you eat. When the fat has been absorbed and the bile acids have served their purpose, they are reabsorbed into the bloodstream and used again. **That is not good.**

Substances called **bile acid sequestrants** can bind bile acids in the digestive system and prevent them from being reabsorbed. **That is good.**

This reduces the total amount of cholesterol in the body. **And that is very good!**

Where does **kale** fit into all of this? You guessed it! **Kale** contains bile acid sequestrants, that can lower cholesterol levels and may lead to a reduced risk of heart disease over time. It has been found that drinking kale juice every day for 12 weeks increased HDL (the "good") cholesterol by 27% and lowered LDL (the "bad") levels by 10%, while also improving antioxidant status.

Personally prefer to chew my food, not drink it. More satisfying, savour the flavours of your food and digestion starts while food is in your mouth.

According to one study, steaming **kale** dramatically increases the bile acid binding effect. Steamed kale is actually 43% as potent as cholestyramine, a cholesterol-lowering drug that functions in a similar way.

If you saw my IG post about benefits of drinking water 20 minutes before a here is the shocker, a simple glass of water lets your digestive system know food is on the way and gets ready to make bile acid to gobble up the fatty acids and flush them out of your system. Instead of recirculating the toxins in your body!

**Now let me know what you think of kale, I would love to hear from you!**

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#### Notes

\* antioxidants counteract oxidative damage by free radicals; free radicals flow through your body looking for cells to call home and cause damage.

#### Sources :

<https://www.healthline.com>

<https://www.sciencedirect.com>

<https://www.ncbi.nlm.nih.gov/pubmed/22332099>

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