



Nutritional benefits of eating lettuce or baby leaf

Nutritionists agree that a varied diet is one of the best routes to good health. Lettuce and baby leaf salads are a delicious and achievable way to boost our 5 a day intake. With the wide ranging varieties available in our local supermarkets or farmers markets, they are suitable for main meals, side dishes, and great for everyday family meals.



Lettuce is particularly rich in antioxidants like vitamin C and other nutrients like vitamins A and K and potassium. This leafy green veggie helps fight inflammation and other related diseases like diabetes and cancer. The benefits only get better if you use the Romaine variety of lettuce, as not all lettuce is created equal. Also, the darker the lettuce, the more nutrient-dense it is.

Lettuce May Fight Inflammation

Certain proteins in lettuce (or Romaine lettuce), help control inflammation. The vitamins A, E, and K in lettuce may help lower inflammation. The darker the lettuce, the more antioxidants it has and the better it can fight inflammation.

Lettuce May Aid Weight Loss

One major reason lettuce can be an ideal weight loss food is its calories. One serving of lettuce contains just 5 calories. Lettuce is also extremely low in fat



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Lettuce May Boost Heart Health

Romaine lettuce is a good source of folate, which is a B vitamin. Lettuce is also a rich source of vitamin C, which reduces arterial stiffness and helps in the treatment of cardiovascular disease. It may strengthen arteries and even prevent heart attacks. Lettuce also contains potassium that lowers blood pressure and prevents heart disease

Lettuce May Promote Vision Health

Lettuce contains zeaxanthin, an antioxidant that boosts vision health. Romaine lettuce is also a good replacement for spinach (another veggie good for the eyes)

Lettuce May Promote Digestive Health

The fibre in lettuce promotes digestion and wards off other digestive ailments like constipation and bloating. It also may relieve stomach pain

Lettuce May Help Treat Sleeplessness

Lactucarium, a substance in lettuce, it helps knock out the nervous system and promotes sleep. You can add lettuce to your late night salad in case you have difficulty falling asleep at night. Lettuce also contains another substance called lactucin, which induces sleep and relaxation

Lettuce may Enhance Bone Health

Vitamins K, A, and C are important in collagen production (the first step in bone formation). Lettuce is rich in all three of them. Vitamin K helps build cartilage and the connective tissues. Vitamin A helps in the development of new bone cells. Vitamin C fights bone depletion.



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Lettuce May Boost Immunity

The presence of vitamins A and C in lettuce may make it a good option for boosting immunity.

Lettuce May Improve Skin And Hair Health

The vitamin A in lettuce may promote skin cell turnover. The vitamin C it contains may protect the skin from UV radiation. It also delays the signs of aging. The fibre in lettuce may detox your system and promote skin health

These are some of the benefits of lettuce. While some of them are yet to be proven by the medical community, you can still include it in your diet, along with other delicious salad items.

