

# Watercress



## The Natural Superfood

### Eyes

The antioxidants lutein and zeaxanthin are found in high concentrations in the lens and retina. Vitamin A\* and zinc are needed for night vision.

### Hair and nails

Iron, zinc and vitamin A\* are important for strong, well-shaped nails and healthy hair.

### Energy levels/Metabolism

Iodine is needed to make thyroid hormones that regulate the body's metabolic rate. Vitamin B1 and magnesium help the body release the energy in food. Iron helps too.

### Immune System

Vitamin B6 is needed to make defensive antibodies and vitamins C and E help look after the specialist cells of the immune system. Glucosinolate type compounds switch on cell defences against carcinogens (cancer causing agents).

### Liver

Glucosinolates are phytochemicals that may boost and regulate the activity of the liver's in-built detoxification (detox) enzymes.

### Skin

Vitamins A\* and C help to keep skin supple and smooth.

### Blood

Iron, folic acid and vitamin B6 are needed to make healthy red blood cells. Vitamin C also helps the body absorb more iron from non-meat foods.

### Bones

Calcium, magnesium, manganese and vitamins A\*, C and K all help to build and maintain healthy bones.

**Enjoying a wide variety of foods in a balanced diet is the key to good nutritional health. Some foods pack more of a nutritional punch than others, and watercress is literally brimming with a range of essential vitamins and minerals, and beneficial phytochemicals (naturally found in plants). Nutrients found in watercress, which are highlighted in this chart, play important roles in maintaining our body's all over health.**

\* from conversion of beta carotene