

Spinach is a green, leafy vegetable. It comes from southwestern and central Asia. Spinach is an edible flowering plant in the family Chenopodiaceae family (also known as goosefoot), a family of nutritional powerhouses including beets, chard and quinoa. Health benefits of spinach include improving blood glucose control in diabetics, lowering the risk of cancer, lowering blood pressure, improving bone health, lowering the risk of developing asthma and more. Spinach is important for skin and hair, bone health, and provide protein, iron, vitamins and minerals.

Effective Food in Pregnancy

It is a good source of folic acid; thus a very effective thing during pregnancy and lactation. During pregnancy a kind of anemia occurs in many cases; called "Megaloblastic anaemia". It causes malnutrition in the developing foetus. So a pregnant women must have spinach in their daily diet. It is also good source of nutrition for nursing.

Why Spinach is good during Pregnancy

Food rich in folic acid helps get pregnant fast. Folic acid increases the production of eggs in the reproductive system therefore making it easy to conceive. Green leafy vegetables such as spinach is very helpful for women who want to get pregnant fast. These vegetables contains antioxidants, iron and folic acid to maintain reproductive organs.

Spinach is one of the most nutritious foods on the planet. Packed with folic acid, iron, zinc and antioxidants, spinach is a must in every fertility diet. Steamed or raw spinach can be used in so many ways. You can eat it as a steamed side vegetable, add it to soups, add raw spinach to smoothies (you can't even taste it) or make it the base of your salads.

Spinach is overflowing with folate or folic acid. You need folic acid during pregnancy to protect your unborn baby from birth defects such as cleft lip, cleft palate, and spina bifida. If you don't get a sufficient amount of folic acid during pregnancy, your chances of having a miscarriage go up. With its folate content, spinach can work to prevent premature labor and birth. Spinach contains loads of beta-carotene. This beta-carotene, converted into vitamin A, helps in the development of your unborn baby's lungs. Vitamin A also helps your baby gain adequate weight and boosts your metabolism too.



It is well known for its nutritional qualities and is an excellent source of vitamin K, vitamin A, vitamin C and folic acid manganese, magnesium, iron and vitamin B2. It is a very good source of dietary fiber, phosphorus, zinc, protein, and choline. Additionally, spinach is a good source of omega-3 fatty acids, niacin, pantothenic acid, and

selenium.

Health Benefits of Spinach

Maintain Bone Health

Vitamin K is important for maintaining bone health.

Prevent Constipation

Spinach is high in fiber and water content, both of which help to prevent constipation.

Fight Infection

Vitamin A is of paramount importance in protecting mucous membranes including the respiratory, urinary and intestinal tract. White blood cells called lymphocytes rely on Vitamin A to help fight infection.

Great for Eye Sight -Â Health Benefits of Spinach

Spinach is a rich source of beta-carotene, lutein and xanthene, all of which are beneficial for eyesight. Beta-carotene is supplied to the eyes by cooked spinach. It can prevent people from suffering from vitamin A deficiency, itching eyes, eye ulcers and dry eyes

Beneficial for High Blood Pressure

Spinach has a very high content of potassium and a low content of sodium. This composition of minerals is very beneficial for high blood pressure.

Help in Weight Loss -Â Health Benefits of Spinach

Spinach leaves help in weight reduction as it is low in calories and fat.

Relieve Stress

Spinach keeps the body relaxed and completely stress-free.

Anti-Aging

Spinach is an anti-aging vegetable.

Formation of Blood -Â Health Benefits of Spinach

Spinach is one of the richestÂ source of iron thus is good for those suffering from anaemia and blood loss. This vegetable is a valuable source of high-grade iron.