

Food for Thought

Nutritional value of food

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olives

Olives are small fruits. They are very high in Vitamin E and other powerful antioxidants. Studies show that they are good for the heart and may protect against osteoporosis and cancer. ANNA



Cinnamon

Cinnamon is a very popular spice. Not only is it delicious, but it also has many benefits for human health. What is cinnamon? It is a spice created from the inner bark of the tree. There are two types of cinnamon: Cassia cinnamon with its intense aroma and Ceylon cinnamon with its mild aroma. Studies have shown that cinnamon helps treat diabetes. We, in Greece, use it in our food, but also in our drinks. VASSILIS



Broccoli

Broccoli is a vegetable known for its beneficial health benefits. It is high in many nutrients, vitamin C, vitamin K, iron, and potassium. It also has more protein than most other vegetables. Broccoli is also very low in calories. It has only 31 calories per cup. ILIAS


