Study Shows Eating Leafy Greens Lowers Your Risk for Heart Disease

Researchers from Edith Cowan University in Australia recently looked at the benefits of eating a diet high in nitrate-rich vegetables. The team analyzed the diets of more than 50,000 Danish citizens over 23 years and found that those who consumed a diet with a consistent intake of leafy greens were 12-26% less likely to develop heart disease later in life.

> *Our results have shown that by simply eating one cup of raw (or half a cup of cooked) nitrate-rich vegetables each day, people may be able to significantly reduce their risk of cardiovascular disease,*
>
> *Eating This One Thing Daily Slashes Your Heart Disease Risk, Study Says*

The research shows that eating nitrate-rich foods resulted in the greatest reduced risk for hypertension, as it lowered systolic blood pressure by 2.5mm Hg.

The team did not see further benefits in those who ate higher amounts of nitrate-rich vegetables, they found that one cup of fresh leafy greens was sufficient.

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