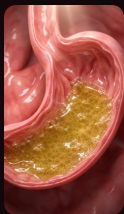




5 Foods, Inside Your Body

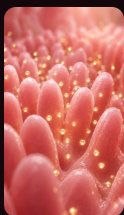
Free sample of the Bite to Cell sourced cheat sheet. Every fact footnoted.



Kale

Vitamin K1 is prevalent in green leafy vegetables because it is directly involved in photosynthesis, and gut flora converts vitamin K1 into vitamin K2.¹

- One cup of raw kale provides 113 mcg of vitamin K, 94% of the 120 mcg Daily Value.²



Flaxseed

Alpha-linolenic acid (ALA) is an omega-3 present in flaxseed; ALA is an essential fatty acid that must be obtained from the diet.³

- Flaxseed provides 27.3 g of total dietary fiber per 100 g.⁴



Sardines

The lymph system, a network of vessels carrying white blood cells and a fluid called lymph, absorbs fatty acids and vitamins from the small intestine.⁵

- Sardines canned in oil, with bones, provide 325 mg of calcium per 3 ounces, 25% of the Daily Value.⁶



Crab

Copper is present in analyzed cooked crab flesh and is used in connective-tissue synthesis.^{7,8}

- Cooked blue crab provides 3.2 mg zinc per 3-ounce serving, 29% of the Daily Value; FDA permits "rich in" for foods with 20% or more of the Daily Value per reference amount.^{9,10}



Black beans

Resistant starch is not digested and enters the colon, where it works similarly to fiber by promoting bulky stool and acting as a prebiotic food for beneficial bacteria.¹¹

- Approximately 30% to 40% of the dietary magnesium consumed is typically absorbed by the body.¹²

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