# WHY EAT ZUCCHINI?

If you're trying to add more plants to your diet, zucchini is a great option. Zucchini is also great by itself, sautéed, grilled or roasted and it can also be used in baking. Zucchini is not only easy to prepare, it's also great for your health.

## IMPROVES DIGESTION

Including zucchini on your menu may help prevent constipation.

## SLOWS DOWN AGING

Because zucchini is rich in the antioxidants lutein and zeaxanthin eating zucchini may help slow aging

## BOOSTS ENERGY

Zucchini is a rich source of B-vitamins it can help to boost energy, reduces fatigue and improve moods.

## LOW IN CALORIES

Because zucchini is low in calories and high in water and fiber, it is a great food for those wanting to reduce body weight.

## SUPPORTS HEART HEALTH

Zucchini is low in fat and sodium, but high in fiber and potassium which helps support healthy blood pressure.

## IMPROVES EYE HEALTH

Zucchini is a good source of nutrients that aids in improving eye health.

**What does a vegetable wear to the beach?**   **A Zucchini !**