


bok choy



2 cups of bok choy have as much calcium as 1 cup of milk!

Also known as Chinese cabbage.

Full of vitamins A, C, and K. One cup of bok choy provides $\frac{1}{2}$ the amount of these vitamins that your body needs for one day!

Rich in a nutrient called beta-carotene. Beta-carotene keeps your eyes healthy!

Good source of calcium and vitamin D to keep your teeth and bones strong.