

“W.H.E.N. PROJECT”

1 Corinthians 10:31



September food of the month is Lettuce.

Lettuce is an annual plant of the family Asteraceae. It is most often grown as a leaf vegetable, but sometimes for its stem and seeds. Lettuce varieties are placed in one of four categories: **butterhead, crisphead, loose-leaf and Romaine**. Butterhead Lettuce: Butterhead lettuces have small, round, loosely formed heads with soft, buttery-textured leaves. The outer leaves are pale green, and the inner leaves are pale yellow green. While all lettuce is going to provide you with healthy vitamins and minerals, the most nutrient-dense lettuce is Romaine.

What is the nicest lettuce?

- Romaine Lettuce. The crisp, elongated leaves of this lettuce are the main ingredient in classic Caesar salad.
- Butterhead Lettuce. These beautiful rosette-like heads have soft, buttery-textured leaves.
- Iceberg Lettuce - Iceberg lettuce is the lettuce type with the lowest amount of nutrients.

Lettuce has been a healthy part of people's meals since ancient times. Egyptians from thousands of years ago recognized the health benefits of lettuce and grew it in their gardens.

What does lettuce do for your body?

The nutritional content of lettuce varies across varieties. All lettuce contains a significant amount of vitamin A – an excellent source of beta carotene which is needed for healthy skin bone and eyes), along with insignificant amounts of vitamin C and iron. Which aids in the function and development of vital organs such as the heart, lungs, and kidneys.

Lettuce is a fair source of folate, which is needed for healthy cells and the healthy growth of babies during pregnancy to prevent neural tube defects. It can be used to detox the body and it is great for your gut health because of the fiber and water content.

Eating lettuce on a regular basis as a part of an overall healthy lifestyle may support gradual weight loss or belly fat in time. This is because it is low in calories and high in volume and fiber, which will keep the body satisfied longer.

Hydration

Water makes up over 95% of raw lettuce. As a result, eating lettuce hydrates the body. Although drinking liquids is necessary, water in foods can also significantly contribute to hydration.

Lettuce is a source of vitamin K, which helps strengthen bones. Consuming adequate amounts of vitamin K can also reduce your risk of bone fracture.

Let us eat more lettuce!

Lettuce is a versatile vegetable that is affordable and easy to add to dishes. It is a great fat-free, low-calorie way to get more leafy greens into your meal. Lettuce can be used for wraps instead of bread for your hamburger, chicken, steak, shrimp, fish, etc.

