

# VegNews

Food

## 8 Green Foods to Eat on St. Patrick's Day

By [Emma DeBono](#) | March 17, 2017



Beer isn't the only green thing you can consume when celebrating the Irish. Today is [St. Patrick's Day](#), which means we're celebrating all things green! Yes, this might mean enjoying a green [beer](#) after work, but until happy hour hits, we've found eight delicious vegan foods to get us through this festive day. So until you're off work, opt for these nutrient-rich fruit, herbs, and vegetables that will make your body happy and ready to party.

### 1. Avocados

Whether it's on a [bagel](#), thrown in a salad, or spread onto a veggie sandwich, it's hard to get enough of [avocado](#) in your life. In addition to being downright delicious, this buttery

fruit is filled with nutrient-rich properties. While many fruits are made of mainly carbohydrates, avocados are the only fruit that provides a substantial amount of healthy fatty acids. Avocados also contain approximately 20 different vitamins and minerals, including pantothenic acid, potassium, dietary fiber, and vitamins K, B6, E, and C.

## 2. Brussels sprouts

Similar to avocados, **Brussels sprouts** are an excellent source of vitamins C and K. They're also rich with essential B vitamins such as B6 and B1, as well as protein, iron, and omega-3 fatty acids. And if that isn't appealing enough, Brussels sprouts look like miniature versions of cabbage (because they are both part of the brassica family), making them perfect for your St. Patrick's Day feast!

## 3. Broccoli

**Broccoli** and Brussels both stem from the cruciferous vegetable family and share a lot of the same immune boosting properties. Broccoli is also high in fiber, which helps with digestion, lowering blood sugar, and curbing overeating. But that isn't all, as this green little dream is mainly known for its cancer-fighting properties. Broccoli is particularly beneficial for breast cancer and uterine cancer because it removes extra estrogen from the body. And it's delicious!

## 4. Limes

Not only are **limes** a major staple to zest up any meal but this fruit has also been a reliable source for medicinal uses for centuries. The health benefits of lime include (but are not limited to) weight loss, skin care, digestion improvement, and treating a number of diseases such as scurvy, respiratory disorders, and gout. Limes also rejuvenate the skin and help protect it from infections. Similar to many citrus fruits of its kind, limes are considered a diabetes superfood because the high levels of soluble fiber help regulate the body's absorption of sugar.

## 5. Mint

**Mint** can be used in tea, as a palate cleanser, blended into smoothies, or as a light garnish. But this small herb packs a serious punch when it comes to the benefits it holds in its leaves. The first and most well-known fact about mint is that its leaves promote digestion and soothe stomachaches, headaches, and migraines. Mint is also a natural stimulant, which helps create a feeling of clarity and alertness on days your head feels like it's in a fog.

## 6. Green tea

Green **tea** is known for being extremely beneficial to the human body. Similar to many teas, green tea is made of *Camellia sinensis* leaves, but unlike oolong, white or black teas, green tea is processed in a way that creates a different level of oxidation. Green tea has been known to boost metabolism and help the body detoxify naturally. It has also been said that green tea can delay the deterioration caused by Alzheimer's and Parkinson's disease, protect brain cells from dying, and restore damaged brain cells. Fun fact: matcha green tea has the nutritional equivalent of 10 cups of normal green tea.

## 7. Chives

Throw chives atop potatoes or sauté some in your stir-fry—either way this cousin of an onion is sure to give you your daily dose of vitamin K, which is your source of healthy bones. **Vitamin K** assists the regulation of cells that help to prevent bone demineralization. The sulfides and other unique organic compounds found in chives also deliver garlic-esque benefits and can effectively ease digestive discomfort.

## 8. Kiwi

**Kiwis** are a nutrient-dense fruit full of vitamin C and antioxidants, which studies have shown can help treat people with asthma. Kiwis also have high levels of zeaxanthin and lutein, both of which protect our eyes from harmful high-energy light waves such as ultraviolet rays in sunlight. Therefore, eating a few of these furry fruits (peeled, of course) can significantly reduce your risk of vision loss!

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