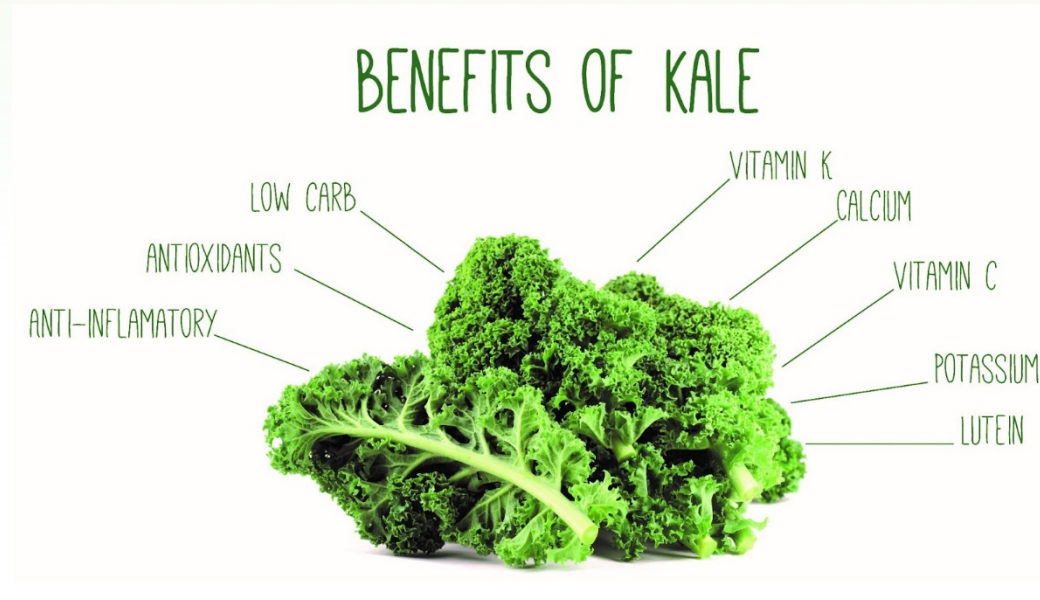


# Oh, Kale Yeah!

Kale is good for:

- Eyes 🙄🙄
- Heart ❤️
- Skin 🧑
- Bones 🦷
- Weight loss 🏋️
- Cholesterol 📊



Per calorie, kale has:

- More iron than beef 🐮
- 10 times more vitamin C than spinach 🥬
- More calcium than milk 🥛

Ways to use kale:

- Add kale to a salad!
- Make kale chips!
- Add kale to a smoothie!
- Create a kale pesto!

