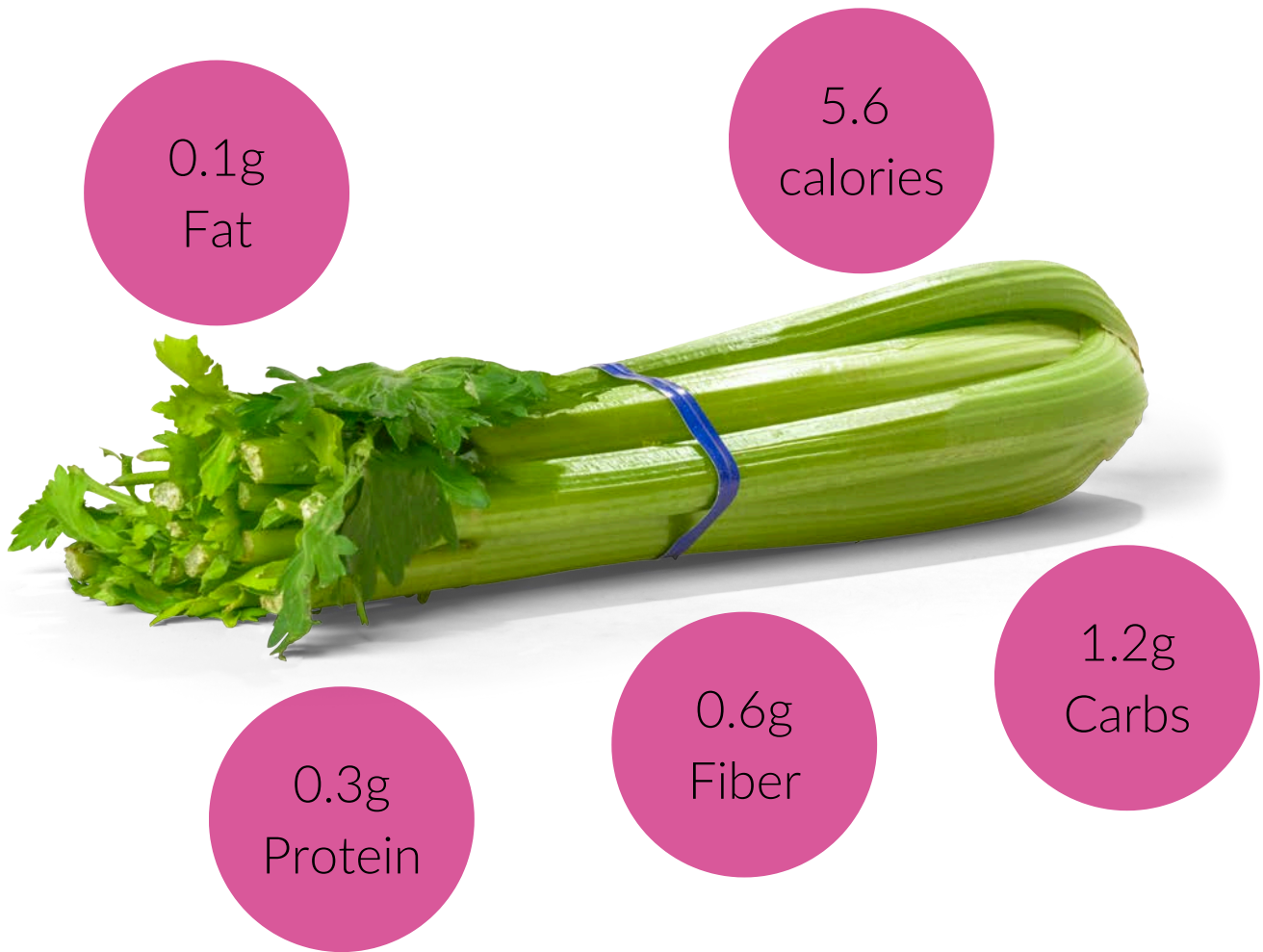


Celery Nutrition Facts



One medium celery stick (40g) provides 5.6 calories, 1.2 grams of carbohydrates, 0.6 grams of fiber, 0.3 grams of protein, 0.1 grams of fat, and 32mg of sodium. Celery is a low-calorie and nutrient-dense food rich in vitamin K, vitamin C, vitamin A, folate, potassium, and fiber.

- Calories: 5.6
- Fat: 0.1g
- Carbohydrate: 1.2g
- Fiber: 0.6g
- Sodium: 32mg
- Protein: 0.3g

Celery Health Benefits

Aids in Diabetes Prevention

The flavonoids in celery are protective against oxidative damage to the cells responsible for producing insulin and regulating glucose levels.



Supports heart health

Celery contains potassium, fiber, and folate, which are associated with lower rates of heart disease. It is also high in polyphenols that are anti-inflammatory and protective against heart disease.



Supports Weight Loss

Celery is a low-calorie food with a high fiber and water content, which makes it helpful for weight loss.



Fights Free Radical Damage

Celery contains antioxidants that fight against the damage caused by free radicals, known as oxidative stress.

