

## Health benefits of Romania

- Lettuce leaves are one of the very low calorie green-vegetables.
- Vitamins in lettuce are plentiful.
- Its fresh leaves are an excellent source of several Vitamin A and beta carotenes
- It is a rich source of **vitamin K**.
- Fresh leaves contain good amounts **folates** and **vitamin C**.
- It also contains good amounts of minerals like iron, calcium, magnesium, and potassium, which are very essential for body metabolism. It is rich in B-complex group of vitamins like thiamine, vitamin B-6 (pyridoxine), riboflavin's.

Principle	Nutrient Value	Percentage of RDA
Energy	15 Kcal	1 %
Carbohydrates	2.79 g	2%
Protein	1.36 g	2%
Total Fat	0.15 g	0.5%
Cholesterol	0 mg	0%
Dietary Fiber	1.3 g	3%
Vitamin A	7405 IU	247%
Vitamin C	9.2 mg	15%
Vitamin E-a	0.29 mg	2%
Vitamin K	126.3 µg	105%
Calcium	36 mg	3.5%
Copper	0.029 mg	3%
Iron	0.86 mg	10%
Magnesium	13 mg	3%
Manganese	0.250 mg	11%
Phosphorus	29 mg	4%
Zinc	0.18 mg	1.5%