

Script Body:

When you were a kid, were you forced to eat your vegetables? When you grow up, no one can force you, but remember that veggies as part of an overall healthy eating plan that may protect you against heart attacks, kidney stones, obesity, and even certain types of cancers.

Convinced yet? Then one of the vegetables you should try is Kale. This dark green leafy veggie is packed with fiber, calcium and magnesium.

It also has more than a day's worth of Vitamin A, which helps keep eyes and skin healthy. Vitamin C, which helps keep your teeth and gums healthy, and heal cuts. And Vitamin K, which helps your bones and tissues.

If you're keeping track, kale can benefit all the way from your skin down to your bones!