Vitamin K, one of the most abundant in Swiss chard, is important for normal blood clotting. Chard is a good source of fiber, calcium, magnesium and carotenoids. Swiss chard is delicious in quiches, soups and stews.

**Current Research Questions:**

Lutein and zeaxanthin, the carotenoids in chard, are found in our eyes. Scientists are studying their potential to slow development of age-related cataracts and macular degeneration.