

CRUCIFEROUS VEGGIES



**CBFB
NUTRITION**



WHAT ARE CRUCIFEROUS VEGETABLES?

Cruciferous vegetables are a diverse group that includes broccoli, cauliflower, cabbage, kale, bok choy, arugula, Brussels sprouts, collards, watercress, and radishes. It is named after the Latin word for crucifix because the flowers of these plants resemble a cross.

Most cruciferous vegetables are rich in vitamins and minerals such as folate and vitamin K. Dark green cruciferous veggies also are a source of vitamins A and C and contain phytonutrients — plant-based compounds that may help to lower inflammation and reduce the risk of developing cancer. Cruciferous vegetables also are rich in fiber and low in calories, a combination that will help you feel full and satisfied without overeating.

BROCCOLI

Broccoli is high in many nutrients, including fiber, vitamin C, vitamin K, iron, and potassium. It also boasts more protein than most other vegetables.



Raw broccoli contains almost 90% water, 7% carbs, 3% protein, and almost no fat. Broccoli is very low in calories, providing only 31 calories per cup

One cup of raw broccoli provides 2.3 grams of fiber, which is about 5–10% of the Daily Value.



CAULIFLOWER

Cauliflower is an excellent source of vitamins and minerals, Especially Vitamin C providing 77% of the recommended daily value.



Cauliflower contains a high amount of fiber, which is important for digestive health and may reduce the risk of several chronic diseases.

Cauliflower is a great source of antioxidants, which protect your cells from harmful free radicals and inflammation.



BRUSSEL SPROUTS

Brussels sprouts are low in calories but high in many nutrients, especially fiber, vitamin K and vitamin C.



Brussels sprouts contain kaempferol, an antioxidant that may reduce cancer growth, decrease inflammation and promote heart health.

Just a half cup (78 grams) of cooked Brussels sprouts contains 2 grams of fiber, fulfilling up to 8% of your daily fiber needs



CABBAGE

Cabbage comes in a variety of shapes and colors, including red, purple, white, and green, and its leaves can be either crinkled or smooth.



Cabbage is an excellent source of vitamin K, which is critical for blood clotting with 85% of the RDI in 1 cup.

Cabbage is a good source of soluble fiber and plant sterols. These substances have been shown to reduce LDL cholesterol.



RUTABAGA

Rutabagas are a rich source of calcium, magnesium, potassium, and vitamins C and E. They are also a good source of folate and provide small amounts of phosphorus and selenium.



Rutabagas are a good source of glucosinolates and vitamins C and E. These are disease-fighting compounds that help protect your body from oxidative stress.



REVIEW: CRUCIFEROUS VEGETABLES

Cruciferous vegetables are low-calorie and rich in folate, vitamins C, E, and K, and fiber. Fiber is an important nutrient to incorporate if weight loss is the goal, as it helps keep you fuller longer.

This large group of plants is diverse, each providing strong, unique flavors. It is named after the Latin word for crucifix because the blossoms of these plants resemble a cross.

Cruciferous vegetables are also good sources of phytonutrients, which are plant-based compounds that may help lower inflammation and reduce the risk of developing cancer. Also present in cruciferous vegetables are glucosinolates. These chemicals are not only responsible for the aroma and flavor of these plants, but they have also been shown to have anticancer effects. According to the National Cancer Institute Trusted Source, studies in rats and mice have demonstrated that indoles and isothiocyanates, the compounds that form from breaking down glucosinolates, protect cells from DNA damage, inactivate carcinogens, and have antibacterial and anti-viral effects.

Cruciferous vegetables include:

- arugula
- bok choy
- broccoli
- Brussels sprouts
- cabbage
- cauliflower
- kale
- radish
- turnips

