Cruciferous Vegetables

Cruciferous vegetables play an important role in cancer prevention. A number of research studies have shown a connection between regularly eating these vegetables and a lower risk of cancer.

These vegetables contain phytochemicals called isothiocyanates. These powerful phytochemicals are thought to reduce the risk of cancer by enhancing the body's ability to detoxify.

Cruciferous vegetables are also an important sources of protein, fiber, vitamins, and minerals. In fact, a cup of cruciferous vegetables provides about 3 grams of protein. For comparison, that's the same amount of protein found in half an ounce of chicken breast. Additionally, the fiber content of cruciferous vegetables can aid digestion and support healthy bacteria in the gut. Cruciferous vegetables are also good sources of vitamin A, vitamin C, vitamin K, and manganese.

Eating a serving of these vegetables daily can help lower the risk of cancer and other chronic diseases. To retain the full array of nutrients, it is best to eat cruciferous vegetables either raw, blanched, or lightly sautéed.

Cruciferous Vegetables

- Arugula
- Bok choy (pak choi)
- Broccoflower
- Broccoli
- Broccoli rabe (rapini)
- Brussels sprouts
- Cabbage (all varieties)
- Cauliflower
- Collard greens
- Daikon
- Horseradish
- Kale
- Kohlrabi
- Mustard greens
- Radish
- Romanesco
- Rutabaga
- Tatsoi
- Turnips
- Wasabi
- Watercress

References

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