

Cruciferous Vegetables: Benefits

Cruciferous vegetables, also known as brassicas, are an important ingredient for excellent health. They have been shown to **aid in your body's detoxification pathways, reduce oxidative stress and free radicals, keep hormones in balance and favor the production of "safe" estrogens** rather than dangerous ones and also contain phytochemicals, vitamin, minerals, and fiber that are important to your health.

Benefits associated with increased intake of cruciferous vegetables are:

- ☐ The ability to stop the growth of certain types of cancer cells, especially breast, uterine lining (endometrium), lung, colon, liver, and cervix.
- ☐ Decreased risk of type 2 diabetes
- ☐ Decrease oxidative stress and free radical damage
- ☐ Improve phase 2 liver detoxification
- ☐ Improve ratios of estrogen metabolites.
- ☐ Optimize weight by satisfying and nourishing with few calories.
- ☐ Improve cardiovascular disease markers, especially C-reactive protein, a marker of inflammation



Choose several servings of cruciferous vegetables daily, preferably raw or lightly steamed to retain the phytochemicals that offer so much benefit.

- | | | |
|---|---|--|
| <input type="checkbox"/> arugula | <input type="checkbox"/> cauliflower | <input type="checkbox"/> red cabbage |
| <input type="checkbox"/> bok choy | <input type="checkbox"/> collards | <input type="checkbox"/> rutabaga |
| <input type="checkbox"/> broccoli | <input type="checkbox"/> horseradish | <input type="checkbox"/> turnips |
| <input type="checkbox"/> broccoli rabe | <input type="checkbox"/> kale | <input type="checkbox"/> turnip greens |
| <input type="checkbox"/> broccolini | <input type="checkbox"/> kohlrabi | <input type="checkbox"/> watercress |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> mustard greens | |
| <input type="checkbox"/> cabbage | <input type="checkbox"/> radish | |