

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"/> brocollini	<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	