

## Cruciferous Vegetables

Cruciferous vegetables are all vegetables related to the cabbage and dark leafy greens family. The Latin derivation cruciferae, refers to the 4-petaled flower these plants have in common. The four petals roughly form the shape of a cross.

By name, the most common cruciferous vegetables include: cabbage, bok choy, broccoli, cauliflower, chard, kale, collard greens and arugula.

### Nutritional Facts:

- Generally cruciferous vegetables are high in vitamins and minerals such as folate. They are also generally high in vitamin K.
- This family of vegetables are linked to fighting cell damage and limiting metastatic cancer spread. There is additional evidence that they boost liver detox enzymes and reduce the risk of prostate cancer spread.
- The component responsible for these beneficial claims is sulforaphane. It may also be responsible for improved brain and eye health. You get the picture.

It's recommended that one gets at least one serving of cruciferous vegetables daily.

*One of my favorite cruciferous vegetables is bok choy. It's juicy and mild in flavor. With it's neutral flavor, Bok Choy is very versatile and compliments many other foods. It also happens to be ranked as the 11<sup>th</sup> richest foods in vitamin A.*