

Be good to your body! Consume more greens!

Cruciferous Vegetables - Eat some today!

Cruciferous vegetables are part of the Brassicaceae genus of plants. They dominate most of the food crops in the world so they're readily available. You may be surprised at just how much variety there is out there. The benefits of eating cruciferous vegetables are hard to count: they have so many protective factors to offer!



Add some of these Cruciferous Vegetables to your meal plan today!

- Kohlrabi
- Komatsuna
- Mizuna
- Choy sum
- Napa cabbage
- Horseradish
- Tatsoi
- Rutabaga
- Wasabi

Benefit from Consuming Cruciferous Vegetables

Fight Cancer – We're all concerned about cancer and eager to fight the risk in any way we can! There is a link between a high consumption of cruciferous vegetables and a decreased risk of cancer, particularly lung, stomach, colon, and rectal cancer. Cruciferous vegetables contain glucosinolates which break down into active compounds (indoles, thiocyanates, and isothiocyanates) that have been shown for their anticancer effects.

Reduce Inflammation – Arthritis and other digestive issues are infamous for inflammation. Cruciferous vegetables may help to combat it. After chewing and digestion, indoles and isothiocyanates that were broken down from glucosinolates have been shown to have anti-inflammatory effects (in animals).

Balance Blood Sugar –Cruciferous vegetables are high in fibre which helps to slow down the absorption of carbohydrates after a meal. The more slowly carbohydrates are absorbed, the more stable your blood sugar remains.

Source: www.draxe.com, www.cancer.gov

Make simple swaps and easy additions to enjoy a wider variety of Cruciferous Vegetables!

Substitute romaine lettuce for kale in your favourite salad.

Try some Napa Cabbage in your next coleslaw.

Make roasted rutabaga fries instead of regular fries from potatoes.

Serve your next stir fry over a bed of bok choy.

Add a few sprigs of watercress into your next lunch wrap.

Create your own roasted vegetable medley.

