

# Eat Your Greens!

## Cruciferous Vegetables – the Nutrient Dense Superfood!

Your mom was right – greens are important! There are a wide variety of greens out there but let's talk about Cruciferous Vegetables. They contain high quantities of Vitamins C, E, K and minerals. These deep green, leafy, veggies are rich in iron and packed with non-soluble fibre, so they help to push everything through your digestive system. They also leave you feeling full.

### Get your greens, get your benefits!

**Combat Germs** -There are lots of germs floating around everywhere. They are in the workplace, public places, and your kids and other family members may bring them home too. These veggies can help your system to fight off those germs. They also stimulate immunity. When you invest in a strong immune system you're less likely to catch viruses.

**Protect Your Brain** – We all want a little more brain power. Doesn't a stronger memory and a more vivid attention span sound good to you? We can even improve how we communicate; we can speak more clearly, have better reasoning skills, better understand what others are telling us and even optimize our writing skills.

**Rid Your Body of Toxins** - Does a full detox program sound unappealing? Just add more cruciferous vegetables instead! The sulfur compounds found in them help to induce phase 2 liver detox enzymes to help detoxify the liver.

**Achieve a Better Hormonal Balance** - Cruciferous vegetables have a compound called diindolylmethane. This compound helps the body to get rid of bad xeno-estrogens. Xeno- estrogens are compounds that have hormone-like properties but can be harmful because they can alter your hormonal balance. The compound found in cruciferous vegetables help rid the body of xeno-estrogens, helping you maintain hormonal balance.

Source: [www.draxe.com](http://www.draxe.com), [www.cancer.gov](http://www.cancer.gov)

Check out some of the veggies below that fall into the Cruciferous category. You may notice you enjoy some of them already. Try to broaden your horizons.

- Arugula
- Bok choy
- Broccoli
- Brussel sprouts
- Cabbage
- Cauliflower
- Collard greens
- Kale
- Mustard greens
- Radish
- Turnip
- Watercress

Add some to your favourite smoothie!  
Top a boring salad with something unique.  
Mix up the way you make stir fry.  
Put them on the grill.

