

# PLANT-BASED FOODS



## The Power of Green Veggies

Your mom was right: greens are important! There are a wide variety of greens out there, but let's talk about **cruciferous vegetables** – which do include some non-green options. They contain high quantities of minerals and vitamins C, E, and K. These 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!

#### 1 Balance your blood sugar.

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

#### 2 Lower cancer risk.

Research shows that one of the phytochemicals found in these powerful veggies – sulforaphane – can stimulate enzymes in the body that detoxify carcinogens before they cause cell damage.

#### 3 Protect your brain.

Leafy greens like spinach, kale, and arugula are especially rich in vitamin K, which has been shown to sharpen memory. They are also a great source of beta carotene, which helps slow down cognitive decline.

#### 4 Help balance hormones.

Research has shown that women who eat a diet rich in cruciferous vegetables have better hormone and estrogen levels. They help to detoxify excess estrogen that can cause hormonal issues: mood swings, anxiety, depression, and endometriosis.

#### 5 Detox your body.

Cruciferous vegetables contain powerful compounds called glucocinolates, which are great for metabolic detoxification and liver support. Green crucifers also contain chlorophyll, which boosts detox capacity even more.

### Vitamin Superstars

Recognize some of these veggies? Perhaps there are a few new ones to add to your menu.

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

Which crucifers have the most vitamin A and C, and folic acid?

- Kale (vitamin A)
- Broccoli (vitamin C)
- Brussel sprouts &
- Broccoli (tied for folic acid)



### SIMPLE WAYS TO ENJOY A VARIETY OF CRUCIFEROUS VEGGIES!

- ▶ Add some kale to your favourite salad greens.
- ▶ Try some napa cabbage in your coleslaw recipe.
- ▶ Swap your regular fries with roasted rutabaga fries.
- ▶ Serve your stir fry on a bed of bok choy.
- ▶ Freshen up your lunch wrap with some sprigs of watercress.

Sources [webmd.com/food-recipes/features/super-veggies-cruciferous-vegetables](http://webmd.com/food-recipes/features/super-veggies-cruciferous-vegetables) | [www.cancer.gov](http://www.cancer.gov) | Images from Freepik.com