

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.



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 | www.cancer.gov | Images from Freepik.com