

Foods with Function

Broccoli

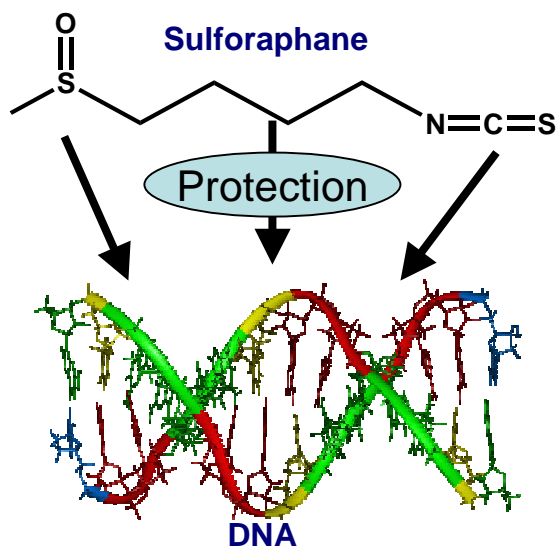


What's in broccoli??

Whether it comes as stems, florets or sprouts and raw, steamed or microwaved, broccoli is a great addition to any diet. And with current research revealing the many benefits of broccoli consumption, you can't go wrong with this fantastic vegetable.

Broccoli contains numerous nutrients like vitamin C, vitamin K, and calcium; it's a great source of fiber too. To top it all off, researchers have identified numerous phytochemicals (plant chemicals) in broccoli such as polyphenols and isothiocyanates that can contribute to the reduction in risk of diseases like cancer.

Isothiocyanates are compounds unique to broccoli that, when broken down by chewing, produce anti-cancer compounds like **sulforaphane**. Studies have demonstrated sulforaphane's ability to help the body protect its cells. Researchers are especially interested in how sulforaphane may play a role in cancer prevention.



Studies have shown that just a few servings of broccoli each week can decrease your risk for a number of cancers, including prostate cancer, the second most common cause of cancer death in men in the U.S. This effect may be in part due to sulforaphane and other phytochemicals found in broccoli that are hard to find anywhere else!

Tips for eating more broccoli

- Breakfast:** Throw some broccoli into an omelet
- Lunch:** Add broccoli florets or sprouts to a salad
- Dinner:** Steam broccoli and serve with fresh garlic and lemon wedges
- Snacks:** Eat fresh broccoli with lowfat dip or try a broccoli and lowfat cheese tortilla dip

The bottom line

Broccoli is a power-packed vegetable. Because most people consume too few fruits and vegetables for optimum health, broccoli can be a great addition to your nutrition plan, especially for cancer prevention.

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