The Healthiest Vegetable You're Overlooking



While you've probably heard that broccoli is good for your health since you were a kid, people don't often talk about the reasons *why*. We're here to explain, and hopefully get you excited about it: broccoli is one of the most nutritious vegetables you can find, which means you should seriously consider adding it to your weekly grocery list.

Part of what makes broccoli so healthy is that it's a member of the *Brassica* family, commonly known as the cruciferous family. This family of vegetables include broccoli, brussels sprouts, kale, cabbage, cauliflower, collard greens, bok choy, kale, kohlrabi, radish, rutabaga, turnip and Chinese cabbage. They all contain a number of nutrients and phytochemicals with cancer chemopreventive properties, including sulforaphane, folate, fiber, carotenoids, chlorophyll and a variety of other antioxidants. However, we are highlighting broccoli today because sulforaphane is particularly abundant in broccoli. We also love that broccoli is widely available, tasty and easy to prepare!

1. **May Reduce Cancer Risk**
   A key component of broccoli is a phytochemical known as sulforaphane. It's present in all cruciferous vegetables, but broccoli is particularly sulforaphane-rich. Studies have shown that sulforaphane supports multiple pathways that help to prevent cancer from forming, like encouraging mutating cells to self-destruct. In fact, broccoli and other cruciferous vegetables have been found to reduce the risk for several different kinds of

cancer, including colorectal, lung, prostate and breast cancer. Broccoli sprouts are an even more concentrated source of these cancer-fighting compounds!

2. **Prevents Free Radical Damage**
   Broccoli contains antioxidants that can help protect cells and tissues from free radical damage. Broccoli is packed with vitamin C, flavonoids, carotenoids, zeaxanthin, beta-carotene and other disease-fighting antioxidants.

3. **Slows Diseases of Aging**
   Based on early animal studies, a daily dose of broccoli may be able to prevent age-related cognitive decline. The NRF2 pathway is activated by sulforaphane. This pathway is involved in detoxifying carcinogens and managing inflammation — two of the most important factors for slowing the effects of aging!

4. **Protects the Stomach**
   The sulforaphane in broccoli may protect the inner lining of the stomach from *H. pylori* infections.

5. **Upregulates Detoxification**
   Broccoli contains valuable phytochemicals that support detoxification. Sulforaphane upregulates detoxification enzymes in the liver and revs up the genes that control detoxification pathways. This process, coupled with the high fiber content enables the body to eliminate toxic chemicals from the body more efficiently.

Pro tip 1: Buying frozen organic broccoli is a great choice! It is cost-effective, you don't have to worry about it going bad, it's convenient to prepare, and it stacks up well nutritionally to fresh broccoli. Just make sure that you read the label to make sure they didn't add unwanted flavor enhancers or chemical preservatives.

Pro tip 2: If you find that broccoli and other cruciferous vegetables make you feel bloated and gassy, try taking a digestive enzyme, like Benezyme.

If broccoli is already on your weekly grocery list, but you're growing bored of eating it the same way, switch it up by preparing it differently. The possibilities are endless: riced broccoli in a stir fry, roasting broccoli florets, pureeing it in a soup or adding it to a smoothie!

We would love to see how you are incorporating more broccoli into your diet. Tag us @morrisonhealth on Instagram and show us what's cooking!



Email: Here at The Morrison Center, we're passionate about veggies. Of all the choices out there, from beets to kale and everything in between, can you guess which packs the most powerful nutritional punch? You can steam it, sauté it, roast it, shave it raw, throw it in a smoothie — we're pretty much always in the mood for more of this tasty, versatile green vegetable. [Click to read more]

Instagram:



Caption: You know broccoli is healthy, but how does broccoli help prevent disease? Check out our latest blog post to learn more! Link in bio.



Caption: What green vegetable contains phytochemicals with cancer chemopreventive properties, including sulforaphane, folate, fiber, carotenoids, chlorophyll and a variety of other antioxidants? Broccoli! Head to our blog to learn how these nutrients can seriously improve your health. Link in bio.



Caption: What's the deal with frozen produce? How does it stack up nutritionally to fresh food? Find out through the link in our bio!