

## Should I be eating more cruciferous veggies?

Crucifer- what? Never heard of them.

Sure you have!

### cru·cif·er·ous

/kroō'sifərəs/

*adjective*

**BOTANY**

relating to or denoting plants of the cabbage family (*Brassicaceae*, formerly *Cruciferae*).

Our little cabbage family friends are high in vitamin C, fiber, B vitamins, potassium, calcium, and magnesium.

Cruciferous vegetables have been shown to inhibit inflammation, support body detoxification, help eliminate estrogen waste products and they may protect against estrogen-sensitive cancers. Which means they are great for women.

Research has linked a diet rich in cruciferous vegetables with a reduced risk for breast, colorectal, lung, and prostate cancers. Studies around the world have also connected diets high in cruciferous vegetables with a decrease in heart disease and mortality.

If you have hypothyroidism, you should lightly cook cruciferous vegetables before eating them because these vegetables can reduce iodine uptake in the thyroid.

Healthy and delicious cruciferous vegetables include:

Broccoli

Cauliflower

Kale

Watercress

Cabbage

Brussels sprouts

Bok choy

Arugula

Collard greens

Mustard greens and seeds

Turnips

Rutabaga

Wasabi

Crunch your way to good health! Add more cruciferous veggies to your plate.