

Farm to Health Series



**MAXIMIZE YOUR
NUTRIENTS FROM:**

CRUCIFEROUS VEGETABLES

**Recipe
on Back!**

Cruciferous vegetables (broccoli, Brussels sprouts, cauliflower, cabbage, kohlrabi, rutabaga, turnips, radish, kale, collard greens, turnip greens, mustard greens) are great sources of many nutrients. One cup of raw broccoli provides:

- 135% DV of vitamin C.
- 115% DV of vitamin K.
- 14% DV of folate.
- 11% DV of vitamin A. (leafy varieties provide much more)

Phytonutrients called glucosinolates are unique to these vegetables. Glucosinolates and related compounds may play a role in cancer prevention.

HOW THEY IMPROVE HEALTH

- Cruciferous vegetables have been associated with reduced risk of all-cause mortality, especially cancers, specifically bladder and prostate cancers. It is thought that compounds found in crucifers help to detoxify cancer-causing agents in the body.

NUTRIENT AND PHYTONUTRIENT CHANGES

- Store cruciferous vegetables in the refrigerator to minimize nutrient loss. The fresher the vegetables are, the more nutrients they will contain.
- While nutrients and phytonutrients are retained the most in raw cruciferous vegetables, if cooking, it is best to either steam or lightly sauté. Vitamins A and K will be retained, and glucosinolates and vitamin C loss will be minimized.
- Frozen then cooked broccoli is just as good as raw then cooked broccoli.

This information is not meant to diagnose, treat, cure, or prevent any disease. This project is made possible by funding through OSU CARES - an initiative of OSU Extension and the OSU to expand faculty, staff and student partnerships with communities throughout Ohio.

Recipe: Cauliflower, Cabbage and Carrot Salad

(Reprinted with permission from the American Institute for Cancer Research, www.aicr.org)

To maximize nutritional value, this recipe uses raw cruciferous vegetables.

Ingredients:

- 1 small cauliflower, cut into florets
- 1 cup finely shredded red cabbage
- 2 medium carrots, grated
- 1 small red onion, finely chopped
- 1/4 cup chopped walnuts
- 2 Tbsp. chopped fresh parsley
- 1 Tbsp. white vinegar
- 1 tsp. Dijon mustard
- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. low-fat mayonnaise

Directions:

- Toss together cauliflower with cabbage, carrots, onion, walnuts and parsley.
- Whisk together vinegar, mustard. Add oil and mayo and whisk.
- Drizzle over salad and mix well.



6 servings. Per Serving: 90 calories, 6 g total fat (1 g saturated fat), 7 g carbohydrates, 2 g protein, 2 g dietary fiber, 70 mg sodium, 73% vitamin A (3640 IU), 52% vitamin C (30.9 mg), 46% vitamin K (36.5 µg)



For more information or how to maximize nutrients in other fruits and vegetables, see <http://localfoods.osu.edu/maximizenutrients>.

OTHER FOOD SOURCES OF KEY NUTRIENTS AND PHYTONUTRIENTS:

Vitamin K

Dark leafy greens

Asparagus

Vitamin C

Berries

Bell Peppers

Tomatoes



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