

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.

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

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)

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.



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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