



The mighty cruciferous

Cruciferous vegetables are among the most well-studied, cancer-fighting foods. This incredible group of vegetables is packed with nutrients that support good health and may prevent cancer growth.



CRUCIFEROUS VEGETABLES

The name “cruciferous” comes from the cross-like shape (crucifer) of the four-petaled flowers these plants produce. They include:

- Broccoli
- Cauliflower
- Cabbage
- Brussel sprouts
- Kale
- Collard greens
- Bok choy

KEY NUTRIENTS

Cruciferous vegetables are nutrient-dense, meaning they provide lots of nutrition in a low amount of calories. Some of their most important nutrients include:

- Vitamins C, E, and K
- Folate
- Carotenoids
- Fiber
- Potassium
- Selenium
- Glucosinolates, which are sulfur-containing compounds that are central to their cancer-fighting benefits.

CANCER-FIGHTING BENEFITS

While more research is needed, cruciferous vegetables may provide these benefits:

- Protect cellular DNA from damage
- Neutralize carcinogens
- Have anti-inflammatory effects
- Inhibit tumor blood vessel formation and metastasis
- Induce tumor cell death