

# CRUCIFEROUS VEGETABLES: NATURAL DETOXIFIERS

Cruciferous vegetables are high in fiber, vitamins, and minerals. They also contain indole-3-carbinol (I3C) and other important natural phytochemicals. These elements change the way estrogen is metabolized and may prevent estrogen-driven cancers. They also provide tremendous support to the liver for detoxification. Chopping or chewing cruciferous vegetables results in the formation of these bio-active products. Eating these vegetables either raw, lightly sautéed, quickly stir-fried, or steamed is best to retain the full array of nutrients. But the most important thing is to eat more of them!

Individuals with thyroid function concerns should consume these vegetables mostly cooked (vs.raw).

There are many to choose from, so if you're choosing these wonderfully nutritious vegetables as a regular part of your diet, be sure to keep up the variety. If you wish to experiment with them raw, try juicing, fresh salads, marinated salads, and adding sprouts or greens to your sandwiches. If you're cooking them, try steaming, sautéing, stir-frying, and roasting. In all cases, try to avoid microwaving vegetables in plastic bags, as the process may destroy more nutrients in foods and can transfer harmful compounds from the plastic.

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|------------------------------------|------------------------------|
| ✓ arugula                          | ✓ komatsuna                  |
| ✓ bok choy                         | ✓ mizuna                     |
| ✓ broccoflower                     | ✓ mustard cabbage            |
| ✓ broccoli, greens and spouts      | ✓ mustard seeds, black       |
| ✓ brussels sprout                  | ✓ mustard seeds, brown       |
| ✓ cabbage                          | ✓ mustard greens             |
| ✓ cauliflower                      | ✓ mustard seeds, white       |
| ✓ chinese broccoli (kai-lan)       | ✓ napa cabbage               |
| ✓ chinese cabbage                  | ✓ radish, greens and sprouts |
| ✓ collard greens                   | ✓ rapini (broccoli rabe)     |
| ✓ daikon                           | ✓ real wasabi                |
| ✓ flowering cabbage                | ✓ rutabaga                   |
| ✓ garden cress                     | ✓ siberian kale              |
| ✓ horseradish                      | ✓ tatsoi                     |
| ✓ kale (green, red, lacinto, etc.) | ✓ turnip root; greens        |
| ✓ kohlrabi                         | ✓ watercress                 |