



Cabbage

The Health Benefits of Cabbage

Cabbage comes in 4 varieties: Red, Green, Napa and Savoy. All are from the cruciferous or Brassica family which has especially healthy properties that protect against cancer, diabetes and heart disease.

One cup of raw or 1/2 cup cooked cabbage provides:

- 21 Calories, 1 gm protein, 5 grams fiber, 0 fat, no cholesterol

Nutrients in Cabbage

- Vitamins C, K, B6, folate and thiamin; Minerals calcium, iron, magnesium and potassium. Cabbage has more vit C than oranges
- Cabbage is high in sulforaphane, an enzyme known to fight cancer
- Cabbage used in making sauerkraut provides active bacteria that keep the digestive tract healthy
- Can be eaten raw, slightly steamed, roasted, baked, boiled or fermented. Use the leaves to wrap tacos, tuna salad or rice dishes

For more information, visit our website:
www.woahcco.com/healthy-bytes-initiative

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