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### https://goo.gl/2Kp5UR

or pureed into sauces or pesto

steamed, roasted, tossed into soups/casseroles Can be eaten raw with dips or on salads, lightly

- which fights breast, colon, stomach, pancreatic and cervical cancers Like other cruciferous vegetables, broccoli contains sulforaphane,
- muissetod bne muinalas antioxidant, beta carotene. High in minerals calcium, zinc, iron,
- 100% of daily vitamin C in 1 cup. High in vitamins B6, folate and the Nutrients in broccoli
- 31 Calories, 3 gram protein, 2 1/2 grams fiber, 0 fat, no cholesterol One cup of raw or 1/2 cup cooked broccoli provides:

## The Health Benefits of Broccoli



oxidants keep skin looking young K support bone health and antinimetiv bne etelof , muiclec dgiH -γtisease, diabetes and obesity Broccoli fights cancer, heart







**Healthy** 

**Active** 

Eating

## Brocco

Broccoli fights cancer, heart disease, diabetes and obesity. High calcium, folate and vitamin K support bone health and antioxidants keep skin looking young.

## The Health Benefits of Broccoli

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## **Nutrients in broccoli**

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- Like other cruciferous vegetables, broccoli contains sulforaphane, which fights breast, colon, stomach, pancreatic and cervical cancers
- Can be eaten raw with dips or on salads, lightly steamed, roasted, tossed into soups/casseroles or pureed into sauces or pesto



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**Active** 

Living

**E**ating



**Active** 

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**E**afing

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**Eating** 

Healthy