



# Turnips

## The Health Benefits of Turnips

Turnips look like root vegetables like carrots and potatoes but are actually in the cabbage family (cruciferous). They are commonly white near the bottom and grade to purple on the top that is exposed to sunlight. Both the root and the greens can be eaten.

### One medium-sized turnip root provides:

- 34 Calories, 1 gm protein, 4 gm fiber, 0 fat, no cholesterol

### Potential benefits of consuming turnips regularly

- One small turnip contains more than half the daily RDA for vit C
- Also high in vitamins K, A, E & several B vitamins; High in minerals manganese, potassium, magnesium, iron, calcium and copper
- Contains sulforaphane, a compound in cruciferous vegetables that reduces risk for developing cancer
- High fiber reduces risk for diverticulosis, constipation and colon cancer
- Turnip greens are high in calcium: 1 cup provides 229 mg

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