



Broccoli

The Health Benefits of Broccoli

Broccoli is cancer-fighting and its high fiber protects against heart disease, diabetes and obesity. High calcium, folate and vitamin K support bone health and antioxidants keep skin looking young.

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

- 31 Calories, 3 gm protein, 2 1/2 grams fiber, 0 fat, no cholesterol

Nutrients in Broccoli

- 100% of daily vitamin C in 1 cup. Also high in vitamins B6, folate, and the antioxidant, beta carotene. High in minerals calcium, zinc, iron, selenium and potassium
- Broccoli, like other cruciferous veggies, contains sulforaphane which fights breast, colon, stomach, pancreatic, cervical cancers
- Can be eaten raw with dips or hummus, mixed in salads, steamed, roasted, tossed in soups/casseroles or pureed into sauces or pesto

For more information, visit our website:
<https://goo.gl/2Kp5UR>

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