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www.advancedhealth.com/healthy-bytes-initiative

cooked, mashed cauliflower for mashed potatoes

- Try eating raw in salads or with hummus; Substitute
- One of the few vegetables that contain choline, important for brain
- minerals manganese & magnesium; high in dietary fiber
 High antioxidants protect against cancer, heart disease & diabetes
- Very high in vitamins C, K, folate & other B vitamins; good source of minorals manages of manages.

Nutrients in Cauliflower

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

• 25 Calories, 2 gm protein, 3 grams fiber, 0 fat, no cholesterol

The Health Benefits of Cauliflower



Eating

Healthy

Cauliflower can be found in a variety of colors. Purple, green and orange heads contain many healthy varieties contain many healthy compounds that work together to reduce inflammation and fight disease.

Cauliflower

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