

Cruciferous Vegetables

Cruciferous vegetables are high in fiber, vitamins, and minerals. They also contain indole-3-carbinol (I3C) and other important natural phytochemicals. These elements change the way estrogen is metabolized and may prevent estrogen-driven cancers. Chopping or chewing cruciferous vegetables results in the formation of these bioactive products. Eating these vegetables either raw, lightly sautéed, or steamed is best to retain the full array of nutrient. Aim for at least 3 servings/week. Best is greater than 5. 1 serving of crucifers = 1 cup of fresh or ½ cup frozen

Partial list of cruciferous vegetables:

- Arugula
- **Brussels sprouts***
- Chard
- Daikon
- Mustard greens
- Turnips
- Bok choy
- **Cabbage***
- Chinese cabbage
- **Kale***
- Radishes
- Watercress
- **Broccoli***
- Cauliflower
- Collard greens
- Kohlrabi
- Rutabagas

*generally highest amounts of beneficial phytonutrients