

## LIST OF CRUCIFEROUS VEGETABLES

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

Research of this family of vegetables indicates that they may provide protection against certain cancers.

Cruciferous vegetables contain antioxidants (particularly beta carotene and the compound sulforaphane). They are high in fiber, vitamins and minerals.

Cruciferous vegetables also contain indole-3-carbinol (I3C). This element changes the way estrogen is metabolized and may prevent estrogen driven cancers.

Cruciferous vegetables also contain a kind of phytochemical known as isothiocyanates, which stimulate our bodies to break down potential carcinogens (cancer causing agents).

***People who have hypothyroid function should steam cruciferous vegetables.***

Raw cruciferous vegetables contain thyroid inhibitors known as goitrogens. Goitrogens like circumstances that cause goiter, cause difficulty for the thyroid in making its hormone. Isothiocyanates appear to reduce thyroid function by blocking thyroid peroxidase, and also by disrupting messages that are sent across the membranes of thyroid cells.

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