



Radishes

The Health Benefits of Radishes

Radishes are a cruciferous root vegetable, a cousin to kale and cabbage. They contain powerful enzymes that fight toxins & cancer.

3 oz raw or about 10 radishes provides:

- 16 Calories, 1 gm protein, 2 gm fiber, no fat or cholesterol

Potential benefits of consuming radishes

- High in vitamin C which fights against free radicals and aging
- High in B vitamins folate, B6 & riboflavin, and minerals potassium, calcium, magnesium & copper
- Good source of dietary fiber
- Contain indoles useful as anti-inflammatory and detoxifying agents which work along with sulforaphane to reduce risk of prostate, colon, breast and ovarian cancers
- Radishes can be eaten raw, thinly sliced on salads or served with hummus dip, or try roasting with olive oil, or steamed and used in potato salads or casseroles

For more information, visit our website:
www.advancedhealth.com/healthy-bytes-initiative

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