



Brussels Sprouts

Health Benefits of Brussels Sprouts

A member of the cruciferous family (cabbage & broccoli), it is high in protein & nutrients that fight chronic diseases like cancer & diabetes

1/2 cup cooked or 1 cup raw Brussels sprouts provide:

- 38 Calories, 3 gm protein, 3 gm fiber, 0.3 gm fat, no cholesterol

Potential benefits of consuming Brussels sprouts:

- Excellent source of antioxidants vitamin C & beta-carotene, more than many of the other cruciferous vegetables
- Excellent source of vitamin K, lowers inflammation and risk for rheumatoid arthritis & type 2 diabetes; Helps absorb calcium for bone & heart health
- Provide multiple compounds known to protect against cancer
- Contain fiber that helps lower cholesterol & blood sugars
- Good source of iron, potassium, phosphorus & copper
- Can be consumed raw or cooked; Roasting brings out the best flavor but overcooking may cause a bitter taste

For more information, visit our website:
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