

## Cruciferous Vegetables: Natural Detoxifiers

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. They also provide tremendous support to the liver for detoxification. Chopping or chewing cruciferous vegetables results in the formation of these bio-active products. Eating these vegetables either raw, lightly sautéed, quickly stir-fried, or steamed is best to retain the full array of nutrients. But the most important thing is to eat more of them! Individuals with thyroid function concerns should consume these vegetables mostly cooked (vs. raw).

There are many to choose from, so if you're choosing these wonderfully nutritious vegetables as a regular part of your diet, be sure to keep up the variety. If you wish to experiment with them raw, try juicing, fresh salads, marinated salads, and adding sprouts or greens to your sandwiches. If you're cooking them, try steaming, sautéing, stir-frying, and roasting. In all cases, try to avoid microwaving vegetables in plastic bags, as the process may destroy more nutrients in foods and can transfer harmful compounds from the plastic.

arugula	flowering cabbage	napa cabbage
bok choy	garden cress	radish, greens and sprouts
broccoflower	horseradish	rapini (broccoli rabe)
broccoli, greens and sprouts	kale (green, red, lacinto, etc)	real wasabi
brussels sprout	kohlrabi	rutabaga
cabbage	komatsuna	siberian kale
cauliflower	mizuna	tatsoi
chinese broccoli (kai-lan)	mustard cabbage	turnip root; greens
chinese cabbage	mustard seeds, black	watercress
collard greens	mustard seeds, brown;	
daikon	mustard greens	
	mustard seeds, white	