

Broccoli: Tiny tree, powerful nutrition.



Did You Know? Broccoli (*Brassica oleracea* var. *italica*) is a cruciferous vegetable known for its tree-like shape, with green florets and edible stalks. It is rich in carotenoids and glucosinolates, plant compounds that support the body and are known for their protective health benefits.

Serving Size	Calories
1 stalk, raw (151 g)	51

✨ Rich In

- Vitamin C
- Vitamin K
- Folate
- Vitamin A
- Dietary Fiber
- Manganese

♥ Best For

- 🧠 **Cancer prevention** – helps the body remove harmful substances or possible carcinogens
- 🌿 **Digestion** – helps prevent constipation and supports stomach health
- ❤️ **Heart health** – may help lower cholesterol and blood pressure
- 👁️ **Eye health** – supports protection against macular degeneration and cataracts
- 👶 **Pregnancy** – helps promote proper fetal development and helps address iron-deficiency anemia
- 💪 **Immunity** – helps strengthen the body's natural defenses

✅ Also Good For

- 🧪 Making the whole body less acidic
- 🩹 Helping maintain healthy skin and mucous membranes
- 🩺 Helping maintain healthy blood sugar

💡 Tip

🔪 Cut broccoli into small pieces and wait 5 minutes before cooking to activate helpful plant compounds.

- 🍋 Adding lemon or lime juice may help increase its beneficial phytonutrients.
- 🕒 Cook quickly for no more than 5 minutes to keep more nutrients.

Ways to Prepare

- 🥗 Add to salads
- 🍝 Toss with pasta
- 🍕 Use as pizza topping
- 🥣 Blend into soups
- 👂 Stir-fry with vegetables

REFERENCE:

Adapted from *Healthy Foods Healthy Lives* – Evelyn Villaflor- Almocera