

Get Your Cross Vegetables

Cross vegetables are not angry! The name comes from their flowers which have four petals in the shape of a cross. The scientific name for the whole family is Cruciferous, which just means cross-shaped. You'll recognize the common names for sure - broccoli, cauliflower, brussels sprouts, cabbage and kale are the ones you can find in every grocery store.

All of these related vegetables are low in calories and loaded with nutrition - vitamins, minerals and fiber plus at least 4 groups of specialty chemicals. These special minor ingredients are being recognized as very big players in the health department, providing major disease prevention power to our diets.

At first they were studied as anti-cancer agents. Animals fed larger doses of cabbage, broccoli, kale or their chemicals got less cancer. Comparing diets over many years, it's apparent that people who eat more of them on a regular basis also get less cancer. In the lab, some of these chemicals prevent cancer cells from forming, others keep them from developing or spreading.

The latest good news comes from a study comparing diets and strokes. Women who ate more fruits and vegetables had much lower rates of strokes. And of all the foods they counted, the ones that gave the most protection were the cruciferous, the cross vegetables. As little as one serving a day made a noticeable difference people's long-term health.

Cruciferous vegetables are at the top of the food protection list. Get them

cooked or raw, canned or frozen. Whether you eat the flowers - broccoli and cauliflower, the flower buds - brussels sprouts, or the leaves - kale and cabbage, eating more cross vegetables will help keep your health good and your mood happy.