



## **Broccoli Benefits: Top 10 Proven Health Benefits**

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**Abstract.** The article discusses the main properties of broccoli and its effect on the human body. A systematic review of modern specialized literature and relevant scientific data was carried out. The chemical composition and nutritional value of the product are indicated, the use of broccoli in various types of medicine and the effectiveness of its use in various diseases are considered. The potentially adverse effects of broccoli on the human body under certain medical conditions and diseases are analyzed separately.

*Key words:* broccoli , useful properties, contraindications, composition, calorie content

Whether you're looking to boost your immune system, protect your heart, improve gastrointestinal health, or reduce your risk of cancer, then broccoli is a great addition to your diet. Asparagus isn't always favored by taste buds, but it's so rich in antioxidants that it's worth the gastronomic sacrifice. It's time to find out what is actually contained in the vegetable and why it is recommended to eat it for various diseases.

The calorie content of raw broccoli is 34 kcal per 100 g. This is due to the fact that there are 90 g of water and 6.7 g of carbohydrates in a serving. A cup of low-calorie cabbage contains 69.4 mg of vitamin C, while the daily allowance for men and women is 90 and 75 mg. It also contains vitamins K and A, calcium, [potassium](#) , and the sulfur-rich compound sulforaphane. The substance is in the vegetable in an inactive form (glucoraphanin), and is activated when damaged - it must be cut, chopped or chewed.

## **Top 10 health benefits of broccoli**

### **1. Helps Fight Cancer**

Modern medicine fights cancer cells in many ways, but the potential of cruciferous plants in the fight against cancer should not be underestimated. This vegetable reduces the risk of lung, stomach, and colon cancer due to isothiocyanates that reduce inflammation. Chronic inflammation is dangerous because it causes changes in DNA and leads to cancer. <sup>[12]</sup>

## **2. Strengthens bones, joints, teeth**

Vitamin K helps the body absorb calcium, so deficiency increases the risk of bone fractures. Broccoli contains both calcium and vitamin K, and also replenishes phosphorus, zinc, vitamins A and C. All substances are vital for strong bones, and sulforaphane also prevents the development of osteoarthritis. <sup>[3, 4]</sup>

## **3. Supports oral and dental health**

In addition to the above nutrients that strengthen teeth, the vegetable contains kaempferol. Flavonoid prevents the development of periodontal disease, is part of herbal remedies for its treatment. Additional research shows that sulforaphane reduces the chance of getting oral cancer. Eating raw cabbage removes plaque, according to new data, but the information has not yet been scientifically confirmed. <sup>[5]</sup>

## **4. Reduces cholesterol**

Broccoli lowers blood cholesterol levels due to its high content of fiber and other beneficial substances. According to tests, new varieties of a vegetable called Beneforte contain more glucoraphanin (sulforaphane). By consuming only 400 g of superfood per week, you can reduce the level of "bad" cholesterol by 6% and, in addition, reconfigure cellular metabolism, activate the protective functions of the body. <sup>[6]</sup>

## **5. Takes care of the heart**

Since healthy cholesterol levels reduce the risk of heart disease, stroke, and high blood pressure, broccoli also promotes proper heart function. Antioxidants play an important role in reducing the likelihood of a heart attack. Broccoli sprouts have special ingredients. They protect heart tissue cells from death and oxidative stress after cardiac arrest. <sup>[7, 8]</sup>

## **6. Normalizes blood sugar levels and helps with diabetes**

Daily consumption of broccoli sprouts helps diabetics control blood sugar levels, reduces insulin resistance. Animal studies have revealed another positive side effect - reduced damage to pancreatic cells. <sup>[9]</sup>

## **7. Increases immunity**

Usually people try to get their daily vitamin C from citrus fruits, but broccoli also deserves attention. Cabbage contains a lot of ascorbic acid, the role of which is undeniable in maintaining the immune system - the ingredient gives the body the strength it needs to fight infections, promotes detoxification, and neutralizes free radicals. <sup>[ten]</sup>

## **8. Improves digestion and helps you lose weight**

Fiber and antioxidants support the functioning of the intestines, increase the number of healthy bacteria in it. Therefore, a diet with broccoli helps to stay full longer and restrain overeating, reduces inflammation in the colon, relieves constipation. <sup>[11, 12]</sup>

## **9. Improves mental abilities**

Bioactive compounds support the functions of the nervous tissue and brain. To fight the decline in mental abilities associated with aging, it is enough to eat just one serving of a vegetable per day. Scientists also suggest that broccoli improves the condition of patients after a stroke. <sup>[13]</sup>

## **10. Slows down aging and protects the skin from UV radiation**

Aging, though inevitable, can be delayed and slowed down by protecting against oxidative stress. Diet plays a huge role in this process and studies show that sulforaphane slows down the aging process. The antioxidant also protects the skin from dangerous UV rays and related damage that can cause skin cancer. <sup>[14, 15]</sup>

## **Risks and alleged health harms of eating broccoli**

You should be careful with the vegetable when taking blood thinners - it contains vitamin K, which contributes to blood clotting. Eating large amounts of asparagus every day will reduce the effectiveness of medications such as warfarin (Coumadin, Yantoven). Therefore, it is worth discussing your diet with your doctor.

## **How Much Broccoli Should You Eat to Get the Most Benefits?**

Does the thought of consuming large amounts of cruciferous daily intimidate? We have good news for you - adults need to eat 2-2.5 cups of cooked vegetables per day to get the benefits. Asparagus can be part of this serving. You should not replace other products with green inflorescences - it is enough to combine them with your usual food.

## **How to Cook Broccoli and Eat Raw: Recipes and Cooking Tips**

Cabbage can be boiled, fried, stewed, baked in the oven and microwave. But any heat treatment reduces the content of nutrients, especially vitamin C and protein. Steaming has the fewest negative effects, but eating raw broccoli is even healthier. To do this, use only the inflorescences (the stem is too fibrous), rinsing them with cold water and drying them with a paper towel. To enhance the taste, you can add hummus, yogurt-based sauce to them.

Before complaining that broccoli is tasteless, learn how to cook it. There are many tips that will allow you to cook it in different ways, and eat it with pleasure every day. The crown recipe is frying in olive oil with garlic and cheese. You can add the product to casseroles, soups and eat on its own with anything: salads, beef, chicken, pork, tofu, potatoes, rice and other side dishes.

## **Expert comment**

### **Tatyana Eliseeva, nutritionist, nutritionist**

Although the vegetable has many benefits, it is still not a panacea - there is no single food that guarantees good health. In addition to nutrition, the state of the body is influenced by other factors: lifestyle, genetics. Eating broccoli doesn't mean you'll never get sick, but adding it to your diet can play a huge role in disease prevention.

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