

Broccoli

An Anti-Aging SuperFood

Anti-aging foods are all around us! Broccoli is jam-packed with nutrients, minerals and chemical compounds that may prevent age-related disease and improve your health!

Broccoli Health Benefits

May protect against:

- Stomach and Colon Cancer
- Breast and Prostate Cancer
- Heart Disease
- Arthritis
- Diabetes
- Alzheimer's Disease
- Cataracts
- Common Cold
- Osteoporosis

1 cup of raw Broccoli provides*:

- 135 % of your daily vitamin C
- 14 % of your daily folate
- 11 % of daily vitamin A
- 9 % of dietary fibre intake
- And much more!

Many adults over the age of 50 have an increased risk for **bone fractures** due to osteoporosis. Calcium and vitamin D can improve bone health.

To reduce your risk of bone fractures, consume more **calcium-rich** foods such as broccoli!

Heart Health

Broccoli is a great source of antioxidants, calcium, potassium, vitamins A & C and fibre. Research shows that **fibre** reduces bad cholesterol and helps regulate blood pressure.



Broccoli

If you are over 50 you should eat 7 servings of fruit and vegetables every day. At least 1 serving should be a dark green vegetable such as broccoli.

If you don't like broccoli try...

Cauliflower, cabbage, Kale, bok choy or brussel sprouts.

And remember...

½ cup of broccoli is equal to 1 daily vegetable serving!

Save Broccoli Stalks!

Broccoli Juice

In a juicer combine:

- 1 broccoli stalk
- 1 medium carrot
- 1 apple

Easy to drink and very nutritious!

Purchasing and Cooking Tips

- Purchase **dark green** or **purple** broccoli for more health benefits.
- Add to casseroles and pasta.
- Eat raw with low calorie dip.



- Over cooking or boiling broccoli will lower the amount of healthy nutrients by 60 %.

Raw is best but...

- **Steaming** broccoli is the best cooking method to get the most nutrients for health benefits.
- Steaming also makes for a better **quality** broccoli than boiling.

For more information on Broccoli and other healthy foods
visit: www.fruitsandveggiesmatter.gov