



VEGE-TA(B)LES

Tales of everyday vegetables

You have eaten them in salads and stir fried, they are extremely powerful, packed with nutrients, they look like flowers but are green, fresh vegetables; their healthy tales make them the number one Vegetable we have today:

Featuring the BROCCOLLI

Welcome to my world of healthy eating. I am the Broccoli you get in the market, I spread around my healthy charm when I am green; when I lose my charm, I am often yellow in colour, then of every little use to any!



I hail from the family of cauliflower and cabbages. I have been gifted with a variety of nutrients that makes me one of the most sought after vegetables in the market. People think I am exotic, but that's not true! I am just too helpful and so a little expensive.



Infused with the various phyto nutrients, consuming me will help in the protection from Cancers of the Prostate, Colon, Urinary Bladder, Pancreatic & the Breast.



Calcium in me helps you to strengthen your immunity and fights against the cold and virus in your body. Just a 100 grams of my florets can give you 89.2 mcg of the Vitamin C.



Vitamin A from me, per 100 grams adds up to about 21% of your recommended daily levels. This vitamin helps in repairing skin damage, prevents the problems of Vision, especially for the elderly members.



Folates, that I have help during the pre-conception and pregnancy stages for ladies as they protect the offspring. It also helps in preventing the risk of heart attacks and stroke.



Calcium and Vitamin K in my body helps to increase the bone health in your body. However, THYROID patients BEWARE - consuming me could swell up your thyroid gland, which could create problems.



Potassium is the next best nutrient in me. This helps in balancing the Nervous System, helps in the optimal functioning of the Brain and regulates the Blood Pressure.



Best for a diet, I can help in reduction of weight. I am rich in fibers that aids a better digestion process, avoids constipation and also curb overeating. I can also maintain LOW BLOOD SUGAR!

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A cup of Broccoli has as much PROTEIN as a cup of Rice or Corn with half the calories. Interested in Dieting?

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The best way to cook me is to keep me in salted water for 30 minutes and then clean me in cold water. This will give me a good bath eliminating all pesticides. I am best in the organic form. Also, avoid over cooking, micro waving me.

