

Nutrition Bites



Another Cruciferous Star: Cabbage

The *George Mateljan Foundation/World's Healthiest Foods* recommends that, at a minimum, you include cruciferous vegetables as part of your diet 2-3 times per week, and make the serving size at least 1-1/2 cups. The optimum consumption would be 4-5 times per week, increasing your serving size to 2 cups. Besides cabbage, cruciferous vegetables include arugula, broccoli, Brussels sprouts, cauliflower, collards, radishes, kale, mustard greens, watercress, and more.

There are also different types of cabbage. Researchers now realize that the different types of cabbage (red, green, and Savoy) contain different patterns of glucosinolates, which are natural defense components of pungent plants against pests and diseases, and when we consume them, these components can defend us from cancer. Including a variety of cabbages in your diet will offer the most health benefits.

Green cabbage is the most commonly eaten variety of cabbage, but trying red cabbage is highly recommended because its rich color reflects its concentration of anthocyanin polyphenols, which are dietary antioxidants, with anti-inflammatory, protective, preventative, and therapeutic qualities.



Featured Vegetable

Cabbage

- ✓ anti-cancer properties (phytochemicals)
- ✓ anti-inflammatory (polyphenols)
- ✓ increases antioxidant defense mechanisms (phytochemicals)
- ✓ detoxification, eliminates harmful chemicals (phytochemicals)
- ✓ reduces ulcers (glutamine)
- ✓ promotes healthy gums (vitamin C)
- ✓ provides electrolytes (Potassium)
- ✓ improves nervous system function (B6)
- ✓ digestive tract support (high fiber and glucosinolates)

Sources:

World's Healthiest Foods <<http://www.whfoods.com/>>

Murray, et al. *The Encyclopedia of Healing Foods*. Atria, 2005.

This Week's Recipe

Mexican Slaw with Lime Cumin Dressing

Makes 4 servings | Preparation time: 30 min

3 cups shredded green cabbage	1 Tbs rice vinegar
1/2 cup shredded carrot	1/2 Tbs honey
1/2 green bell pepper, minced	1/2 tsp ground cumin
1/4 cup minced red onion	1/2 tsp minced fresh garlic
1/4 cup minced cilantro	1/4 tsp salt
1 Tbs lime juice	1/4 tsp ground black pepper
1 Tbs olive oil	

1 Toss together all the vegetables.

2 Whisk together the remaining ingredients to make a dressing. Taste and adjust seasonings as needed.

3 Add the dressing to the veggies and toss to combine everything well.