**CRAZY ABOUT CRUCIFEROUS VEGETABLES**

**Notable Nutrients**
- **Vitamin A**
- **Vitamin C**
- **Folate**
- **Vitamin K**
- **Vitamin E**

**Cruciferous vegetables** are known for being rich in important nutrients such as vitamin K, folate, vitamin C, and fiber. They also may reduce inflammation and lower risk for developing cancer.

**How to Eat More!**
- Use shredded **cabbage, kale, and Brussels sprouts** to make a slaw.
- Steam, sauté, or blanch leafy greens like **kale** and **bok choy** to make them easier to chew & digest.
- Toss **broccoli, cauliflower, Brussels sprouts, turnips, and radishes** with olive oil and roast.
- Add raw **arugula** or **watercress** to salads, pasta, sandwiches, and other dishes.