- Provide multiple compounds known to protect against many types of cancer
- Good source of iron, potassium, phosphorus & copper 🏹 💿 p Healthy

- arthritis & type 2 diabetes; Helps absorb calcium for bone & heart health

Health Benefits of Brussels Sprouts

• 38 Calories, 3 gm protein, 3 gm fiber, 0.3 gm fat, no cholesterol

1/2 cup cooked or 1 cup raw Brussels sprouts provides:

- Contain fiber that helps lower cholesterol & blood sugars

- of the other cruciferous vegetables • Excellent source of vitamin K, lowers inflammation and risk for rheumatoid

• Excellent source of antioxidants vitamin C & beta-carotene, more than many

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Brussels Sprouts A member of the cruciferous family (like

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- bitter taste; Roasting brings out the best flavor Can consume raw or cooked: Overcooking may cause

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Health Benefits of Brussels Sprouts

A member of the cruciferous family (like cabbage & broccoli), it is high in protein & nutrients that fight chronic diseases like cancer and diabetes.

Brussels Sprouts





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♦ Active

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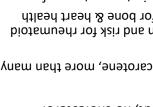
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