



SUPER BROCCOLI!

FACTS



9 broccoli varieties are grown in Poland.



For 1 ha of fieldground, 600 g of broccoli seeds is required.



Poland is 4th main producer of broccoli in Europe.

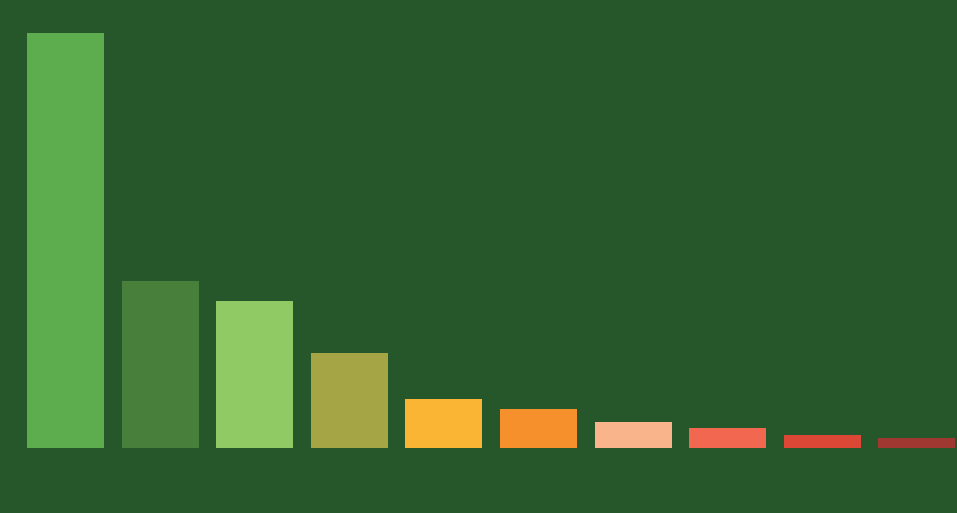


100 grams of broccoli contains 2 times more vitamin C than 100 grams of orange!



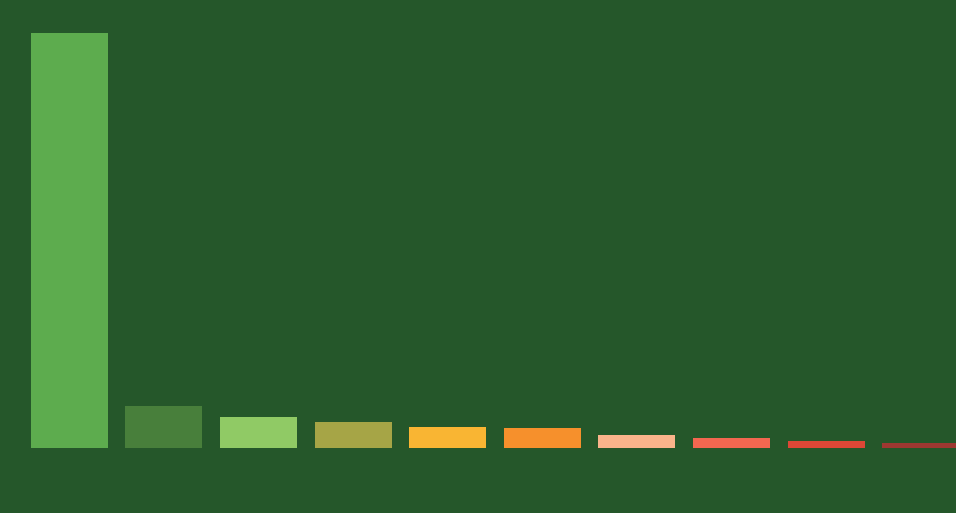
100 kcal of broccoli provides more protein than 100 kcal of beef entrecote.

100 GRAMS OF BROCCOLI CONTAINS:



MINERALS

- potassium
- phosphorus
- calcium
- magnesium
- sodium
- iron
- zinc
- copper
- iodine
- selenium



VITAMINS

- C
- E
- PP
- B₅
- B₆
- B₂
- B₁
- A
- folic acid
- K

31 kcal



source of glucosinolates - precursors of anti-cancer compounds such as sulforaphane

3g

protein

0.4g

fat

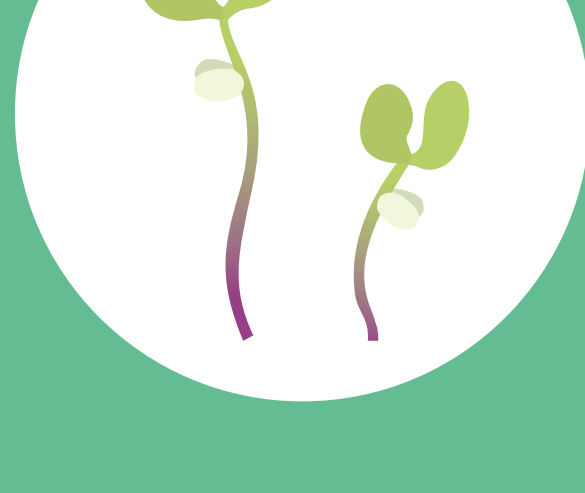
5.2g

carbohydrates

2.5g

fibre

EDIBLE PARTS OF BROCCOLI



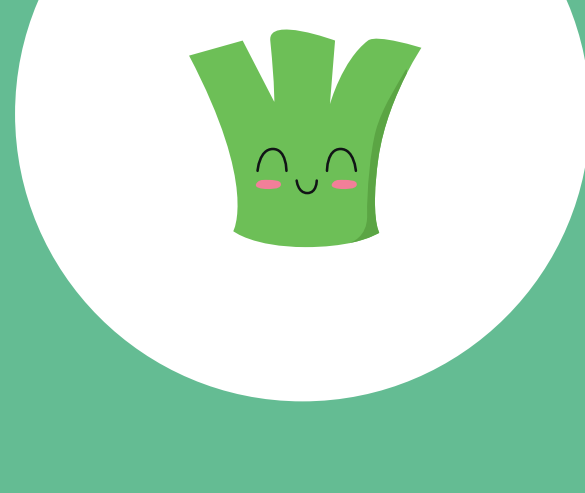
sprouts



florets



leaves



stalk

HOW TO EAT BROCCOLI?



raw



Do not limit yourself to eating only broccoli florets. Leaves can be great additive to salads too!



cooked



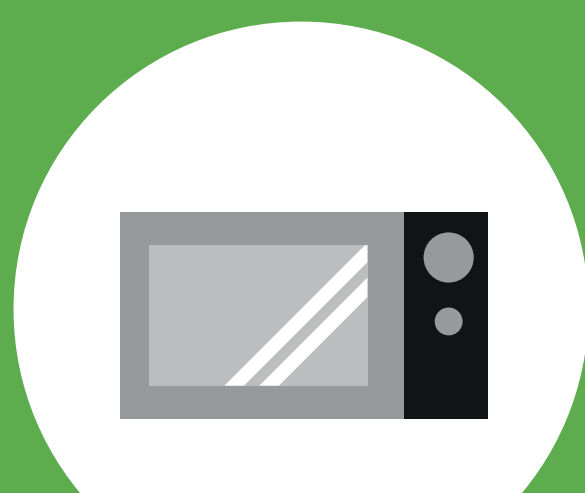
But! Just 5 minutes of cooking results in 30% loss of vitamin C and polyphenols and even 50% of glucosinolates. Use leftover water after broccoli cooking - it is a great source of bioactive compounds.



stir-fry



But! It results in up to 24% loss of vitamin C and 55% of glucosinolates.



microwaved



But! It results in up to 18% loss of vitamin C and 55% of glucosinolates.

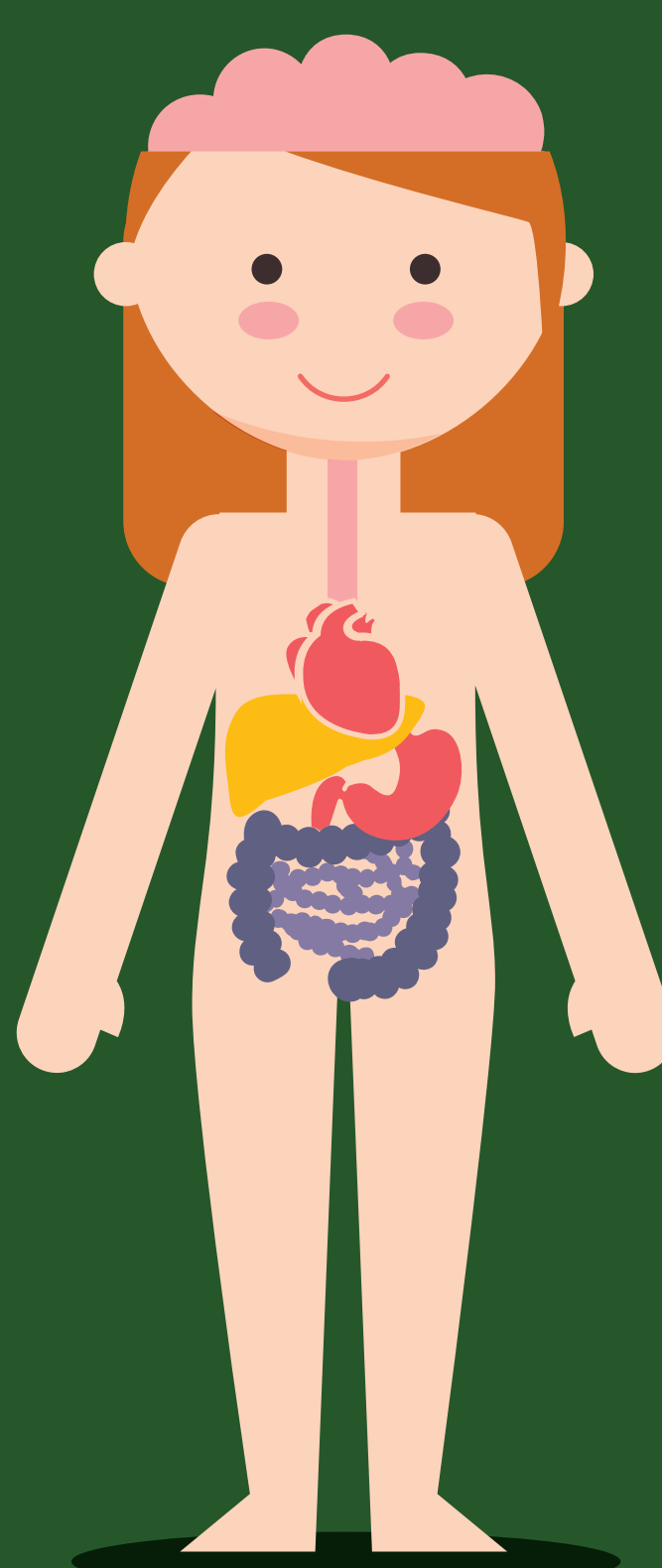


steamed



The loss of bioactive compounds is the lowest.

WHY SHOULD WE EAT BROCCOLI?



TO KEEP YOUR BRAIN HEALTHY

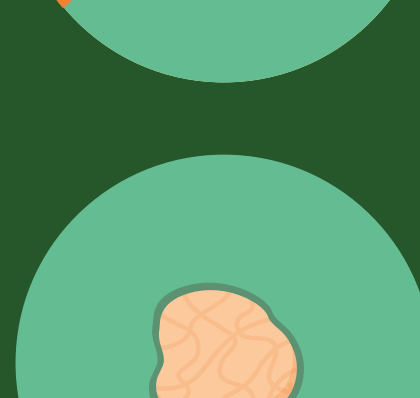
Thanks to a high content of sulforaphane, lutein, vitamin K and folic acid:

- improved cognitive functions
- retarded brain aging and dementia
- mitigated symptoms of neuropsychiatric diseases, including schizophrenia



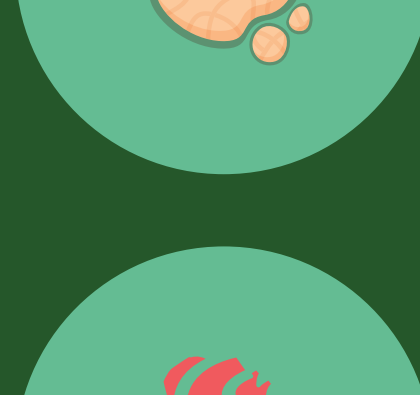
DIABETES

Sulforaphane can reduce blood glucose level.



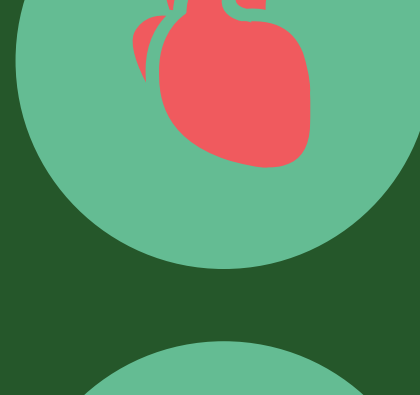
CANCER

Consumption of cruciferous vegetables may reduce the risk of cancer thanks to the activity of glucosinolates.



HEART

Eating broccoli decreases the level of "bad" LDL cholesterol, with sulforaphane and glucosinolates reducing the risk of heart diseases.



GUT

High content of fibre and antioxidants stimulates digestion and gut health.