



Fun facts about cruciferous vegetables

- The word “cruciferous” means “cross bearing.” These vegetables got this name because the four petals on cruciferous vegetables make a cross shape.
- Brussels sprouts and broccoli are rich in magnesium. This mineral is needed for hundreds of different functions in the body, including bone health, muscle relaxation, nerve function and blood sugar control.
- Cruciferous vegetables get their taste and aroma from sulfur compounds called glucosinolates. Glucosinolates help the body protect cells from damage. This could be a factor in preventing some types of cancer.



Sources: Academy of Nutrition and Dietetics, American Institute for Cancer Research