



# Brussels Sprouts

## Behold the Power of Brussels Sprouts

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### ABOUT BRUSSELS SPROUTS

**What are Brussels sprouts?** Often misspelled, Brussels sprouts are a type of cabbage with tightly folded leaves and a stout stem named after the capital of Belgium, Brussels! So the next time you enjoy this vitamin rich and tasty “mini” cabbage, you can say “it’s Brussels sprouts” with pride. Because Brussels sprouts fall into the cruciferous category of vegetables, they offer you a strong antioxidant that supports your overall well-being. So give this nutrient rich ingredient a regular place in your diet for a low calorie option packed with protein, vitamins, and minerals!<sup>1</sup>

|                    |                      |
|--------------------|----------------------|
| <b>Kingdom</b>     | Plantae              |
| <b>Sub-kingdom</b> | Tracheobionta        |
| <b>Division</b>    | Magnoliophyta        |
| <b>Class</b>       | Magnoliopsida        |
| <b>Sub-class</b>   | Dilleniidae          |
| <b>Order</b>       | Capparales           |
| <b>Family</b>      | Brassicaceae         |
| <b>Genus</b>       | Brassica oleracea L. |
| <b>Species</b>     | C. × sinensis        |

<sup>1</sup><http://www.livestrong.com/article/407748-what-are-the-health-benefits-of-eating-brussels-sprouts/>

## What kinds of Brussels sprouts can you buy?

|                                     |   |
|-------------------------------------|---|
| <b>Brussels Sprout Seeds</b>        | Brussels sprouts are difficult to identify in the store; the following varieties are just a few of the possibilities when growing Brussels sprouts from seed.   |
| <b>Long Island Brussels Sprouts</b> | Heirloom Brussels sprout, semi-dwarf.   |
| <b>Churchill Brussels Sprouts</b>   | Early-maturing, easy growth in diverse climates.  |
| <b>Jade Cross Brussels Sprouts</b>  | Hybrid Brussels sprout, American variety.   |
| <b>Fresh Brussels Sprouts</b>       | Fresh Brussels sprouts are available year round but are at their peak flavor later in the year as they are a cold weather crop. If possible, purchase Brussels sprouts still on the stalk for the best flavor and prolonged shelf-life. |
| <b>Frozen Brussels Sprouts</b>      | Another choice when buying Brussels sprouts is to look in your local store in the frozen section. Frozen Brussels sprouts are pre-cooked and often contain higher water content, so adjust your recipes accordingly.                    |
| <b>Brussels Sprout Juice</b>        | Typically made at home for a vibrant burst of concentrated health benefits, but not recommended for the light of heart given the strong taste.  |

## 1. HEALTH BENEFITS OF BRUSSELS SPROUTS

### Brussels sprouts are packed with nutrients while also being low in calories and fat!

Part of the cruciferous group of vegetables, Brussels sprouts offer you a unique blend of antioxidants, proteins, and minerals while also being low in fat and calories. Currently, there is renewed interest in this superfood in the scientific community because of the health benefits Brussels sprouts offer. So make Brussels sprouts a regular part of your diet to keep you feeling great!

#### **A good source of digestive fiber, Brussels sprouts help lower cholesterol.**

A 1/2 cup of Brussels sprouts contains 2 grams of fiber, which can help you move toward your daily goal of fiber intake. The Institute of Medicine recommends woman consume 25 grams of fiber and men 38 grams to protect the health of your colon, prevent constipation, and help lower your cholesterol.

**A source of isothiocyanates (especially sulforaphane), Brussels sprouts may prevent cancer.**

The same substance that gives Brussels sprouts a bitter bite is the same substance that gives them their cancer fighting power! Sulforaphane may help delay or impede cancers such as melanoma, esophageal cancer, prostate and pancreatic cancer. Sulforaphane is part of a group of disease-fighting compounds known as the isothiocyanates, which help fight cancer development and help remove damaged cells from your body. A 1/2 cup of Brussels sprouts contain 104 milligrams of sulforaphane precursors (also known as glucosinolates), although keep in mind boiling Brussels sprouts removes up to 59% of the total glucosinolate content.<sup>2</sup>

**Ranked among the top 20 most nutritious foods, Brussels sprouts are amazing.**

To earn a high rank, foods must pass the Aggregate Nutrient Density Index and contain a high amount of nutrients while also being low in calories. Consuming one cup of Brussels sprouts provides the following daily nutritional needs: 195% of vitamin K, 125% of vitamin C, and 10% or more of vitamin A, B-6, folate, potassium, and manganese. You may have hid Brussels sprouts under your napkin as a kid but it's time to rediscover this wonderful and healthy treat!<sup>3</sup>

**High in vitamin K content, Brussels sprouts improve bone health.**

Vitamin K plays a key role in the blood's ability to clot and may strengthen your bones. A single 1/2 cup serving of Brussels sprouts provides all the vitamin K men need on a daily basis and 91% of the daily value for women. Further, vitamin K's ability to increase blood levels may improve episodic memory in older adults and lower blood pressure and eliminate mineral build-up in the arteries.

**Brussels sprouts contain alpha-lipoic acid, which may help manage diabetes.**

According to the American Diabetes Association: "Brussels sprouts are low in calories and in carbohydrates, which means they may be helpful for controlling blood glucose." Further, Brussels sprouts are packed with other great nutrients you need including fiber, which may even help protect you from type-2 diabetes.

**A serving of Brussels sprouts has a high amount of vitamin C and supports healthy eyes.**

Another great source of your daily vitamin C intake, Brussels sprouts provide this essential vitamin to keep your immune system strong while also helping to maintain healthy skin, teeth, and gums. Further, vitamin C is an antioxidant that protects your cells from damage, and, in doing so, reduces your risk of heart disease and cancer. A 1/2 cup of Brussels sprouts provides 65% of the recommended amount for women and 50% of the recommended daily amount for men.

**Brussels sprouts are a rich source of folate and may reduce the risk of heart disease.**

Folate (also known as folic acid) is often found in leafy green vegetables and Brussels sprouts are no exception. A 1/2 cup of Brussels sprouts provides approximately 12% of the daily recommended intake for men and women. Pregnant women can benefit from folate as it helps the proper formation of the neural tube and helps prevent birth defects such as spina bifida and cleft palate. Further, folate may reduce your homocysteine levels. Homocysteine is an amino acid usually produced by eating meat; however, abnormal accumulations can lead to increased risk for heart disease, stroke, and blood clots in the veins.

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<sup>2</sup><http://www.livestrong.com/article/307835-foods-that-are-high-in-sulforaphane/>

<sup>3</sup><http://www.medicalnewstoday.com/articles/284765.php>

**A great side dish, Brussels sprouts are a sound choice for weight loss.**

Instead of side-dishes containing high fat and calories, Brussels sprouts are a great way to help manage your weight during meals. A 1/2 cup of Brussels sprouts contains just 28 calories and contains only trace amounts of fat! Although they lack several of the amino acids you need to provide you with a complete source of protein like meat or dairy, you can easily create a well-rounded and low calorie meal by including grains such as brown rice on your plate.<sup>4</sup>

**Brussels sprouts are a great source of carotenoids to further support your vision.**

The carotenoids lutein and zeaxanthin along with vitamin A in Brussels sprouts help support your retinas, which contain the tissues and nerves in your eyes responsible for detecting color and light. Vitamin A helps improve night vision while lutein and zeaxanthin filter light to help prevent damage from light rays. So serve up a plate of Brussels sprouts to keep your world looking bright.

**A rich source of minerals like iron and calcium, Brussels sprouts support your well-being.**

If all the health benefits of Brussels sprouts still make you hesitate to add Brussels sprouts to your diet, Brussels sprouts are also a rich source of copper, calcium, potassium, iron, manganese, and phosphorus! Together, they help control heart rate and blood pressure and contribute to red blood cell formation.<sup>5</sup>

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<sup>4</sup><http://www.livestrong.com/article/407748-what-are-the-health-benefits-of-eating-brussels-sprouts/>

<sup>5</sup><http://www.nutrition-and-you.com/brussel-sprouts.html>