

Lets talk SUPER FOODS! Isn't BROCCOLI incredible? Many of you know it looks and tastes great, but do you also know why it is SO HEALTHY for you? Well, read on to learn more.

One cup of chopped, raw broccoli (about 91.0g) has 31 calories, 2.6g [protein](#), 0.3g [fat](#), 6.0g of [carbohydrates](#), 2.4g [fiber](#), and 1.6g [sugar](#). Broccoli is an excellent source of [vitamin C](#) (in its raw form) and [vitamin K](#). Broccoli also contains a host of other [antioxidant](#), anti-inflammatory, and detoxifying compounds, such as sulforaphane, kaempferol, and isothiocyanates, also known as phytochemicals.

Vitamin C has many important functions in the body: it acts as an antioxidant, supports iron absorption, regenerates vitamin E supplies, helps develop collagen, and more.

Vitamin K helps with blood clotting, amino acid metabolism, cell signaling in bone tissue, and more. It is especially important right after birth, as it prevents excessive bleeding in infants.

Antioxidant: The word "antioxidant" will become clear to you only if you know what oxidation is. At its most basic level, oxidation is a chemical reaction whereby a compound loses electrons, which in turn changes the properties of the original compound. That apple you sliced 12 hours ago, once white and crisp? It's now brown and slightly mushy due to oxidation. Antioxidants inhibit oxidation. Other than browning apples, oxidation underlies many disease processes as well as general aging. Therefore, the consumption of antioxidants through the diet may help us stay healthy and age well.

Phytochemicals: It is estimated that there are more than a thousand different phytochemicals in our food supply. Phytochemicals are vital as they help the body ward off disease through various mechanisms. Click here to learn more. <https://www.precisionnutrition.com/encyclopedia/food/phytochemicals>

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