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Veggies 101—Part 2

If there's one type of vegetable you should learn to eat, it's cruciferous vegetables. These include broccoli, cabbage, cauliflower, Brussels sprouts, collard greens, kale, turnips, bok choy, Chinese cabbage, arugula, watercress, and even more. Their most noticeable characteristic is that they contain sulfur phytonutrients that give them a distinctive odor, but when it comes to protecting your body, nothing does a better job than cruciferous vegetables. Research shows that they protect your DNA, and that's probably why they reduce your risk of cancer.

Don't like cooked broccoli or cauliflower? Try them raw in a salad or very lightly steamed—just enough to get hot. Raw, steamed, stir-fried, with nothing or with some salt and butter spray, they also have the advantage of taking up room in your stomach to make you feel full longer with very few calories.

One of the toughest cruciferous vegetables to get people to eat is Brussels sprouts, but the right recipe can make anything taste wonderful. Paula and I had them thinly sliced and sautéed with Parmesan at one of Mario Batali's restaurants, and they were fantastic. If anyone's got that recipe, we'd be eternally grateful to get it and we'll share it with all of you.

As long as you don't eat your cruciferous breaded and deep-fried, eat at least one to two servings per day. Don't whine. Don't complain. Just find a way to do it.

What are you prepared to do today?

Dr. Chet

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