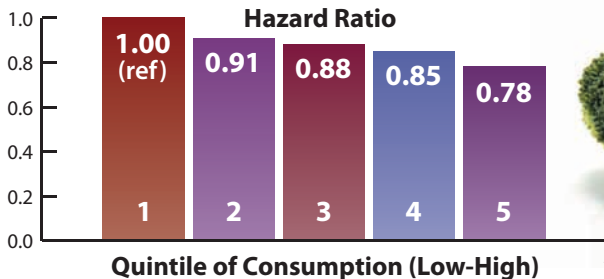


Protecting the Heart With Cruciferous Veggies

Consumption of broccoli, cauliflower and other cruciferous vegetables is associated with a reduced risk of cardiovascular disease mortality, with the risk reduction inversely related to the amount consumed:*



*Higher consumption = lower risk

SOURCE: Zhang, et al. Cruciferous vegetable consumption is reduced with a reduced risk of total and cardiovascular disease mortality. *American Journal of Clinical Nutrition*, July 2011;94(1):240-46.