



ELITE

Personal Training and Fitness Solutions

# HEALTH TOPIC OF THE WEEK

## 4/24 - Broccoli

In the spring of 1990, George H. W. Bush defended his decision to ban broccoli from Air Force One and the White House. "I do not like broccoli. I haven't liked it since I was a little kid and my mother made me eat it. I'm President of the United States, and I'm not going to eat any more broccoli!"



Sensing a PR opportunity, the United Fresh Fruit and Vegetable Association, a California trade group, sent 10 tons of broccoli to the White House, which Bush instantly donated to local food banks.

If you, like the former president, grew up being forced to eat your broccoli, it's understandable that you might harbor negative associations. So, in addition to telling you why broccoli is so good for you, I'll reveal some tasty ways to prepare it.



Broccoli is essentially a large edible. There are several types. Its name comes from the Italian word broccolo, which means "the flowering crest of a cabbage," as well as the Latin word brachium, which means branch, shoot, or arm.

### Broccoli Nutrition Facts

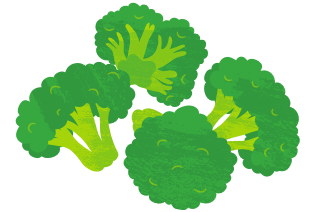
Broccoli is a good source of fiber and water, two nutrients that help promote satiety (a sense of fullness). Broccoli is also a good source of vitamins C, K, and A, as well as folate (and other B vitamins), potassium, iron, manganese, and calcium. It also provides around 2.5 grams of protein per cup. One cup provides fewer than 30 calories.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.

## Benefits of Broccoli

- antioxidant effects on cellular health, especially when steamed
- positive effect on the gut microbiota
- aids weight management due to high fiber and water content, which helps promote satiety and reduce overeating.
- improves metabolic and oxidative stress markers in people with type II diabetes.
- lowers odds of developing heart disease
- reduction of certain types of cancers
- rich in the carotenoids lutein and zeaxanthin, as well as beta carotene (converts to vitamin A), all of which are necessary for eye health
- assorted nutrients (calcium, potassium, phosphorus and vitamin K) work together to support skeletal health



## Downsides and Side Effects of Broccoli

Most people can consume broccoli to their hearts' delight, but there are a few contraindications:



## Medication Interactions

- Broccoli is high in vitamin K. When eaten in large quantities, it might interfere with certain blood-thin medications. If you take warfarin (brand names Coumadin and Jantoven), please consult your physician.

## Digestive Upset

- Broccoli is high in fiber. If your gut is in good shape, you should be able to handle large quantities. Not used to a fiber-rich diet yet? Increase your fiber intake gradually to prevent bloating, constipation or gas.

## Broccoli Preparation

Broccoli that is overcooked looks limp and soggy. Because it's waterlogged, it lacks a bright green color. Fortunately, there are simple ways to prepare broccoli. The right timing and technique can convert many broccoli haters.



Edible portions of broccoli include the stems as well as the flowerets. You can eat broccoli raw in salads or serve it with dips. Cooking methods include steaming, sautéing, roasting, boiling, blanching or air frying. Beware of overcooking. Your broccoli will lose many water-soluble vitamins and minerals as a result.

Blanching helps preserve micronutrients and reduce bitterness. To blanch broccoli, briefly immerse it in lightly salted, boiling water for 30 seconds and then immediately plunge in cold water to stop the cooking process.

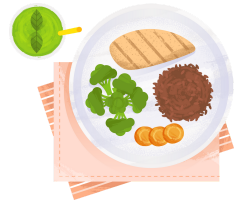


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## Ways to Use Broccoli

Broccoli is incredibly versatile. You can add it to many dishes, including:

- soups
- stir fries
- salads
- dips (with other raw veggies)
- homemade veggie burger patties or veggie nuggets
- breakfast scrambles
- casseroles
- pasta dishes
- pizza toppings



## Buying Tips

You might be able to buy it fresh year-round, but in the northern hemisphere, broccoli season runs from October through April. You can also choose frozen broccoli, which can be just as nutritious as fresh — sometimes even more so. It's typically flash frozen within minutes of harvesting. Fresh broccoli often spends days in trucks and warehouses before reaching the produce section of a market. If you're buying broccoli heads, choose those with tight, deep green florets and a firm stalk. Avoid broccoli with yellowish flowerets or bendable stalks.

## Storing Tips

Keep raw broccoli dry and unwashed until you're ready to use it. Moisture can wilt it as well as create an environment for mold and bacteria. If your broccoli came in a plastic bag, remove the stalks and place them directly in the fridge. You can also store them in a paper bag or a produce drawer to minimize the fridge's drying effects). Use within 2-3 days for optimal freshness. If you've got more broccoli than you can use and don't want to have to compost it, you can blanch and freeze the florets. They will keep for up to a year in an airtight bag in the freezer.



## Broccoli Recipes

If you're interested in creative ways to incorporate broccoli into your diet, please reach out to EPT. We have some simple and delicious recipes that just might turn broccoli haters into broccoli lovers!



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