

Take a green step... 

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Red Cabbage

 cancer fighters

 heart health

 rich in vitamins



Red cabbage is a cancer fighting cruciferous vegetable.

Red cabbage is a cruciferous vegetable. Cruciferous vegetables have compounds called glucosinolates which separate them from other vegetables. These compounds kill carcinogens before they can damage our DNA, and prevent healthy cells from turning into cancerous cells.

Did you know?
The vitamin C and beta-carotene contained in red cabbage protect against coronary heart disease.

Provides...

vitamin A
vitamin B6
vitamin C
vitamin K
dietary fiber
potassium
calcium
iron
riboflavin

Vitamins

Red cabbage is an excellent source of essential vitamins and minerals. Just one cup of cooked red cabbage will fulfill 85 percent of your daily vitamin C needs, and 20 percent of your vitamin A & vitamin K requirements.