



Alegría

LOCALLY-GROWN,
NATURALLY!

FRESH

REGENERATIVE ORGANIC SALAD GREENS
HIGHLY NUTRITIOUS SAME-DAY HARVEST // CLEAN & NATURAL
PESTICIDE FREE // SPECIALLY SELECTED SUPERFOODS
GREAT TASTE DELIVERED TO YOUR DOOR!

Welcome to the Alegría Farmacy!

Longevity, health and well-being is just a delicious salad away!

SALAD GREENS

HEALTHY FACTS



Brussels Sprouts

Scientific name: Brassica oleracea
Spanish name: Coles de bruselas

- Brussels sprouts provide special cholesterol-lowering benefits if lightly steamed. The fiber-related components in Brussels sprouts do a better job of binding together with bile acids in your digestive tract when they've been steamed. When this binding process takes place, it's easier for bile acids to be excreted, and the result is a lowering of your cholesterol levels. Raw Brussels sprouts still have cholesterol-lowering ability, just not as much as steamed Brussels sprouts.
- Brussels sprouts may have unique health benefits in the area of DNA protection. A recent study has shown improved stability of DNA inside of our white blood cells after daily consumption of Brussels sprouts in the amount of 1.25 cups. Interestingly, it's the ability of certain compounds in Brussels sprouts to block the activity of sulphotransferase enzymes that researchers believe to be responsible for these DNA-protective benefits.
- For total glucosinolate content, Brussels sprouts are now known to top the list of commonly eaten cruciferous vegetables. Their total glucosinolate content has been shown to be greater than the amount found in mustard greens, turnip greens, cabbage, kale, cauliflower, or broccoli. Glucosinolates are important phytonutrients for our health because they are the chemical starting points for a variety of cancer-protective substances. All cruciferous vegetables contain glucosinolates and have great health benefits for this reason. But it's recent research that's made us realize how especially valuable Brussels sprouts are in this regard.
- The cancer protection we get from Brussels sprouts is largely related to four specific glucosinolates found in this cruciferous vegetable: glucoraphanin, glucobrassicin, sinigrin, and gluconasturtiin. Research has shown that Brussels sprouts offer these cancer-preventive components in special combination. In fact, Brussels sprouts are storehouse of several flavonoid anti-oxidants like thiocyanates, indoles, lutein, zeaxanthin, sulforaphane and isothiocyanates. Together, these phytochemicals offers protection from prostate, colon, prostate and endometrial cancers.
- It is known that Brussels sprouts' glucosinolates help prevent colon cancer. In a study, animals were given water supplemented with Brussels sprouts. As a result the development of pre-cancerous cells was reduced by 41-52% in the colon and 27-67% in the liver. Also, the pre-cancerous lesions in the liver were reduced by 85-91%.
- The sprouts are one of the nutritious vegetables that should be considered in weight reduction programs. 100 g Brussels sprouts provide just 45 calories, however, contain 3.38 g of protein, 3.80 g of dietary fiber (10% of RDA) and zero cholesterol.
- Di-indolyl-methane (DIM), a metabolite of indole-3-carbinol has been found to be an effective immune modulator, anti-bacterial and anti-viral agent through its action of potentiating "Interferon-γ" receptors.
- Brussels sprouts are an excellent source of vitamin C; 100 g sprouts provide about 142% of RDA. Along with other antioxidant vitamins, vitamin A and E; it protects body by trapping harmful free radicals.
- Zeaxanthin, an important dietary carotenoid in sprouts, is selectively absorbed into the retinal macula lutea in the eyes where it is thought to provide anti-oxidant and protective light-filtering functions from UV rays. Thus, it helps prevent retinal damage, "age related macular degeneration disease" (ARMD), in the elderly.
- Sprouts are good source of another anti-oxidant vitamin A, provides about 754 IU per 100g. Vitamin A is required for maintaining healthy mucus membranes and skin and is essential for acuity of vision. Foods rich in this vitamin offer protection against lung and oral cavity cancers.
- It is one of the excellent vegetable sources for vitamin-K; 100 g provides about 177 mcg or about 147% of RDA. Vitamin K has potential role bone health by promoting osteotropic (bone formation and strengthening) activity. Adequate vitamin-K levels in the diet helps limiting neuronal damage in the brain; helps prevent or at least delay onset of Alzheimer's disease.
- The sprouts are notably good in many B-complex group of vitamins such as niacin, vitamin B-6 (pyridoxine), thiamin, pantothenic acid, etc that are essential for substrate metabolism in the body.
- They are also rich source of minerals like copper, calcium, potassium, iron, manganese, and phosphorus. 100 g fresh sprouts provide 25 mg (1.5% of RDA) sodium and 389 mg (8% of RDA) potassium. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure by countering effects of sodium. Manganese is used by the body as a co-factor for the antioxidant enzyme, superoxide dismutase. Iron is required for cellular oxidation and red blood cell formation.
- Brussels sprouts are incredibly nutritious vegetable that offers protection from vitamin A deficiency, bone loss, iron deficiency anemia, and believed to protect from cardiovascular diseases and, colon and prostate cancers.