

Cruciferous Vegetables

Eat at least 1 cup daily to detoxify & keep good to bad estrogen ratio in balance.

arugula	bok choy
broccoflower	broccoli
broccoli rabe	broccoli romanesco
brussels sprouts	cabbage
cauliflower	Chinese broccoli
Chinese cabbage	collards
cress	daikon
Ethiopian mustard	flowering cabbage
greens	horseradish
kale	kohlrabi
mizuna	mustard greens
mustard seeds (brown, white & black)	napa cabbage
radish	rutabaga
Siberian kale	tatsoi
turnip root	wassabi
watercress	wrapped heart mustard cabbage