

I'm not a bot































Cabbage may not be the most attractive vegetable, but its full of nutritional goodness that can keep you feeling strong and healthy. From boosting your immune system to improving your digestion (sometimes with embarrassing results), cabbage and its health benefits deserve a place at your table. This common leafy green vegetable comes in a range of colors, shapes and sizes that you can use for soups, salads, sandwiches and more. Eat it raw or stir-fried to get the most benefit. Find it fermented in gut-healthy foods like sauerkraut and kimchi or chopped into coleslaw for a quick fix.Cabbage is good for you. Its one of those foods that tastes better than it looks, and it has even more nutritional value than people expect, says registered dietitian Julia Zumpano, RD, LD, Plus, its versatile, affordable and easy to find.Zumpano explores the benefits of eating cabbage and how it can boost your health.8 ways cabbage is good for youMany people recognize cabbage for its bounty of fiber, vitamins and minerals. One cup of chopped, raw green cabbage is only 22 calories and delivers:54% of the recommended daily value for vitamin C.85% of the recommended daily value for vitamin K.More than 2 grams of fiber. 1 gram of protein.Cabbage is also a potassium-rich food, which can help lower high blood pressure, says Zumpano. The more we learn about cabbage, the better it promises to be. Research shows leafy green vegetables are good for you, but we need more studies to understand how cabbage specifically affects your body. Zumpano says many people believe the nutritional value of cabbage means it can have any of the following benefits.1. Fights inflammationSome of cabbage's health benefits are due to anthocyanins, which are naturally occurring antioxidants. Anthocyanins not only add color to your fruits (think blueberries) and vegetables, but may also reduce inflammation.Chronic inflammation (long-term swelling) is associated with heart disease, cancer, rheumatoid arthritis and many other medical conditions. In animal studies, anthocyanins have been shown to help control inflammation.We need more research, but one small human study showed that those who ate the most cruciferous vegetables had much lower inflammation levels than those who ate the least.2. Keeps you strongVitamin C, also known as ascorbic acid, does a lot of work for your body. It helps make collagen and boosts your immune system. It also helps your body absorb iron from plant-based foods.3. Improves digestionPacked with phytoesters (plant sterols) and insoluble fiber, cabbage can help keep your digestive system healthy and bowel movements regular. It fuels the good bacteria in your gut that protects your immune system and produces essential nutrients. That's especially true when you eat fermented cabbage in kimchi or sauerkraut.Cabbage can help you stay regular. It can also help support safe and healthy weight loss.Fiber is a nondigestible or absorbed carbohydrate, so it adds bulk to meals and takes space in your belly causing you to fill full faster and longer without ingesting carbs that you're absorbing.4. Protects your heartThe anthocyanins found in cabbage help with more than inflammation. Research suggests they add to the health benefits of cabbage by reducing your risk of heart disease. Scientists have found 36 different kinds of anthocyanins in cabbage, which could make it an excellent option for cardiovascular health.5. Lowers your blood pressurePotassium is a mineral and electrolyte that helps your body control blood pressure. One cup of red cabbage can deliver a healthy amount of potassium as much as 6% of your recommended daily value. This could help lower your blood pressure, reducing your risk for heart disease.6. Lowers cholesterolFor both cholesterol and LDL cholesterol, cabbage can cause mild problems if it builds up your arteries. Cabbage contains fiber and phytoesters (plant sterols) that compete with cholesterol to be absorbed by your digestive system. They wind up reducing your low cholesterol levels and improving your health.7. Maintains bone health and healthy blood clottingVitamin K is essential to your well-being. Without it, you'd be at risk of developing bone conditions like osteoporosis, and your blood wouldn't be able to clot properly. Enter cabbage, a great source of vitamin K. One cup provides 85% of the recommended daily value.Vitamin K helps keep our bones strong and our blood clotting well, says Zumpano. Cabbage can give you that boost you need to make sure your levels are adequate, and your body stays protected against illness and disease. And you don't even need to eat that much cabbage to get great health benefits.8. Keeps cancer at bayEarly animal studies suggest that leafy green vegetables like cabbage have phytochemicals that may help protect against cancer. They contain antioxidants and plant compounds like glucosinolates. These sulfur-containing chemicals break down during the digestive process into substances that may help fight cancer cells and clear them from your body.What are the side effects of eating cabbage?Excited to add more cabbage to your diet? That be careful not to go overboard. To maximize its health benefits, increase your cabbage intake slowly and allow your body to adjust. Also, stay hydrated to reduce constipation, which can cause excess gas.Cabbage might not be the best choice for a romantic night out since eating too much can cause diarrhea, flatulence or abdominal discomfort. It also contains substances that can interfere with medications like blood thinners or cause hypothyroidism, a condition where your thyroid doesn't create enough thyroid hormone and causes your metabolism to slow down.In most cases, you can avoid side effects by eating cabbage as part of a healthy diet. Talk to your healthcare provider if you experience symptoms or have any concerns.What are the types of cabbage?Cabbage belongs to the Brassica oleracea species of vegetable, along with broccoli, cauliflower, kale and Brussels sprouts. The most common type is green cabbage. But hundreds of other varieties exist in red, white and purple hues, with a range of textures and sizes.Some forms of cabbage have subtle, delicate flavors, while others pack a peppery punch. Nutrition from cabbage comes from types like Bok choy (and baby bok choy), with leaves flowing out of a central stalk.Brussels sprouts, tiny round cabbages that grow on a thick stem.Green cabbage (cannonball cabbage), which has tightly packed smooth leaves and a firm head that can grow nearly as large as a basketball.January King cabbage, a gloriously vibrant cabbage with green and purple tinted leaves.Kale, with crinkled, dark green leaves fanning out from a central stalk.Napa cabbage (Chinese or celery cabbage), which has long, light green leaves on a thick white stalk.Red cabbage, a roundish, red-colored cabbage that's especially nutritious and usually smaller than green cabbage.Savoy cabbage, a curly cabbage with loosely layered, ruffled leaves.Enjoy the healthy benefits of cabbageCabbage is a versatile vegetable that's affordable, widely available and easy to prepare. Keep it whole and unwashed in the refrigerator until you're ready to eat it, recommends Zumpano. And when you're ready, it won't take long to find easy cabbage recipes that add a (healthy) zing to your diet and color to your plate. It may seem odd to tout cabbage as a trendy vegetable but here's the thing: most types of cabbage are more extraordinary than ordinary. In fact, its wonders have been hiding in plain sight all along. Just as cauliflower, once pushed to the side for its mushy past, has been recast as an oven-roasted crowd-pleaser, cabbage is also getting its due, thanks to its versatility and health benefits. (That sulfurous odor, which gave it a bad rep way back when only happens when it's overcooked.) Here's the lowdown on cabbage, including the best ways to prepare and enjoy every bite.Riley Davies, produce category manager for online grocer, Misfits MarketCharis Neves, director of innovation and product management for Taylor Farms Part of the Brassica oleracea family, cabbage, in its many forms (including broccoli, kale, Brussels sprouts, and kohlrabi), has been cultivated from wild cabbage in Europe since the Middle Ages. The entire cabbage group, which includes red and green cabbages, Napa, Savoy, and bok choy, falls under other categories, too. "They're also classified as cole crops, or cruciferous vegetables, and are cultivated relatives of the wild mustard plant," says Riley Davies, produce category manager, Misfits MarketFor both in vitamins C and K, fiber, and antioxidants, with anti-inflammatory properties, cabbage reaches that high bar of being a superfood. Credit: MSL-1118954-Simple-Coleslaw-ingredients.1039.jpg Ranging from red to purple, this head cabbage has a stronger flavor than green and can be eaten cooked or raw, adding texture and snap to dishes. "Crank is a big benefit of cabbage, especially when diced; even shredded, it has great crunch," says Charis Neves, director of innovation and product management for Taylor Farms, which grows, sources, chops, and supplies red, green, Savoy, and napa cabbage. "Raw, it is great for coleslaw and salads;hearty enough to be dressed ahead of serving. Cooked, it is a traditional element of German cooking, commonly braised or roasted," says Davies. In coleslaw, it adds beautiful color, and in salads, it complements more mild greens like Romaine and iceberg lettuces, says Neves. Try it shredded in a slaw with ginger vinaigrette, braised with onions and apples, or simply sauteed.Red cabbage can lose some of its brilliance when cooked unless you take measures like adding an acidic agent. "You can add a splash of apple cider vinegar or opt to use an ice bath as soon as the vegetables are done cooking before adding any finishing sauces," says Neves. Credit: HUIZENG HU / Getty Images A common variety, green cabbage has densely packed green leaves that grow lighter towards the center. Though not as robust as red cabbage, it's equally adaptable, and can be consumed raw, or cooked, says Davies. Eaten most commonly in Eastern European cuisine, green cabbage can be sauted, braised, roasted, added to soups and stews, and steamed," she says. "Green cabbage is excellent diced in chopped salads, shredded as a topper for fish tacos, and as a complement to shredded carrots in a classic coleslaw," says Neves. Added to stews, or soups like classic minestrone and kapusnik (Polish cabbage-and-bacon soup), it becomes tender, with a subtle sweetness. Another way to enjoy its texture and flavor, says Neves, is to quarter the cabbage, brush the hunks with cooking oil, sprinkle on salt and pepper, and grill for 8-10 minutes per side.When shopping for green cabbage, you'll want to choose one that feels solid and has compacted leaves, with little to no wilting on the outer casing. Fresh green cabbage will be firm; if it is soft to the touch, it is past its prime. Credit: Uppickproject / Getty Images With its loose layers of soft tomato sauce that makes this dish so hard to resist. Get the Stuffed Cabbage recipe. Advertisement - Continue Reading Below3Will DickeyWe're always looking for ways to make our weeknights easier. Insert: this quick and hearty skillet dinner that will hit the spot for a family meal. Serve with spicy mustard or a dollop of sour cream! Get the Cabbage and Sausage recipe. 4Will DickeyIngredients like hearty white beans, cabbage, and plenty of veggies help make this budget-friendly soup a comforting weeknight meal! We suggest serving each bowl with a slice of toast for dipping.Get the Cabbage Soup recipe. Advertisement - Continue Reading Below6Will DickeyWhat if we told you this coleslaw recipe can be made in just 10 minutes? Yep, it's that easy! It's all thanks to pre-shredded cabbage or coleslaw mix. So, go ahead and whip up a big batch for your next potluck. Get the Classic Coleslaw recipe. Advertisement - Continue Reading Below7Caitlin Benseal salad and dip all in one! Sign us up... then pass the chips! With cabbage, cucumber, and chopped rotisserie chicken as the base, this colorful dish is sure to be a hit. Get the Green Goddess Chicken Salad Dip recipe. 8KEVIN J. MIYAZAKIHosting a barbecue? This make-ahead slaw will go with just about any main dish you could grill! Bright and tangy flavor will add to burgers, grilled chicken, or even steak. Get the Tangy Coleslaw recipe. Advertisement - Continue Reading Below9Erica Kastner / The Pioneer WomanWhy grab a store-bought jar of sauerkraut when you can easily make your own? It only takes a few steps, plus a few weeks to ferment. But it's seriously worth the wait, especially when added to a Reuben sandwich!Get the Homemade Sauerkraut recipe. Advertisement - Continue Reading Below11Ryan LiebelIt's hard to make hot dogs any better than they already are, but a heaping scoop of colorful homemade slaw certainly does the trick. This one is made with both red cabbage and savoy cabbage. Get the BBQ Hot Dogs with Cilantro Slaw recipe. 12Con PoulosThe best thing to do with a head of cabbage is to make a tangy slaw. This dish gets its colorful look from mild sweet peppers and red cabbage. Get the Classic Coleslaw recipe. Advertisement - Continue Reading Below13Con PoulosRed cabbage is the perfect tostadito topping. You'll get a delightful crunch with each bite. Chicken Tostaditas recipe. 14Ryan DauschYou can get creative with the toppings on these Tex-Mex bowls, but we think a light cabbage-based slaw, cilantro, and crumbled Cotija cheese is just the ticket.Cole-ee! Ree's Tex-Mex Grain Bowl recipe. Advertisement - Continue Reading Below16Advertisement - Continue Reading BelowWatch NextAdvertisement - Continue Reading BelowGruenwald J., Brendler T., Jaenicke C., PDR for Herbal Medicines. 1st ed. Montvale, NJ: Medical Economics Company, Inc., 1998.Brinker F. Herb Contraindications and Drug Interactions. 2nd ed. Sandy, OR: Eclectic Medical Publications, 1998.Pantuck EJ, Pantuck CB, Anderson KE, et al. Effect of brussels sprouts and cabbage on drug conjugation. Clin Pharmacol Ther 1984;35:161-9.U.S. Department of Agriculture, Agricultural Research Service. USDA Nutrient Database for Standard Reference, Release 14. Nutrient Data Laboratory. Available at: KL. 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You can enjoy cabbage cooked or raw, but it's important you prepare it the right way to reap its benefits. Cooking cabbage can reduce its nutrients. Opt for quick-cooking methods like stir-frying or eating it raw in a salad or slaw. Try replacing calorie-dense foods with low-calorie ones if you are trying to lose weight. Raw, shredded cabbage has 17.5 calories per cup. It's a low-calorie option that can help you lose or manage weight. Many low-calorie, nutrient-rich foods are pricey, but cabbage is relatively inexpensive. More than 1 billion people globally have hypertension (high blood pressure), which is a risk factor for heart disease and stroke. Cabbage is a source of potassium, which helps control blood pressure. Potassium is a mineral that aids in nerve and muscle function and helps maintain a regular heart rhythm. Consuming potassium can also counteract the effects of sodium. Sodium can cause high blood pressure if too much of it builds up in your blood. Cabbage contains vitamin K, which is essential for bone health and blood clotting. About 53 micrograms of vitamin K are in 1 cup of raw cabbage. Men and women need 120 micrograms and 90 micrograms of vitamin K per day. Vitamin K deficiency is rare. Some people, such as those with digestive disorders like celiac disease and ulcerative colitis, may be at risk. Too little vitamin K can lead to an increased risk of osteoporosis and bleeding problems. Osteoporosis is characterized by brittle, weak bones that fracture easily. You might not immediately think of cabbage as a heart-healthy food, but you may want to add it to your diet. Research has shown that cabbage has anti-inflammatory benefits that help reduce heart disease risk. One study found that women aged 74 years and older who ate more cruciferous vegetables were 46% less likely to have abdominal aortic calcification (AAC). AAC can be a predictor of future heart-related events. Chronic inflammation is long-term inflammation that persists for months to years. It can damage the cells in your body and increase the risk of several conditions. Arthritis, cancer, diabetes, and heart disease have been linked to chronic inflammation. One study found that eating cruciferous vegetables, such as cabbage, reduced inflammatory markers in adults aged 20-40 years old. Isothiocyanates are compounds found in cabbage. They have antioxidant-like properties and can protect cells against damage. Cabbage can provide a significant amount of vitamin C if you need to add more to your diet. Getting enough vitamin C in your diet is important since the body does not make it naturally. Vitamin C is an antioxidant that helps your body fight off infections and speed healing. It also makes collagen, the main building block of skin, healthy and strong. Red cabbage is a normal response to injury or infection. On the other hand, insoluble fiber helps keep the digestive system healthy by promoting regular bowel movements (24). Eating more potassium-rich cabbage is a healthy way to increase the number of beneficial bacteria in the gut. This is because fiber is the main fuel source for friendly species like Bifidobacteria and Lactobacilli (25). These bacteria perform important functions like protecting the immune system and producing critical nutrients like vitamins K2 and B12 (26, 27, 28, 29).Eating more cabbage is an excellent way to keep your digestive system healthy and happy.Red cabbage contains powerful compounds called anthocyanins. They give this delicious vegetable its vibrant purple color (30).Anthocyanins are plant pigments that belong to the flavonoid family (30).Many studies have found a link between eating foods rich in this pigment and a reduced risk of heart disease (31).In a 2013 study including 93,600 females, researchers found that those with a higher intake of anthocyanin-rich foods had a lower risk of a heart attack (32).Another analysis of 15 observational studies had similar findings, reporting that increased intake of flavonoids was associated with a significantly lower risk of dying from heart disease (33).Increasing your intake of dietary anthocyanins has also been shown to reduce blood pressure and LDL (bad) cholesterol levels (34, 35).Inflammation is known to play a major role in the development of heart disease, and anthocyanins protective effect against it is likely due to their anti-inflammatory qualities.Cabbage contains more than 36 different kinds of potent anthocyanins, making it an excellent choice for heart health (36).High blood pressure affects more than one billion people worldwide and is a major risk factor for heart disease and stroke (37).Doctors often advise patients with high blood pressure to reduce their salt intake. However, recent evidence suggests that increasing your dietary potassium is just as important for lowering blood pressure (38).Potassium is an important mineral and electrolyte that the body needs to function properly. One of its main jobs is to help regulate blood pressure by counteracting the effects of sodium in the body (39).Potassium helps excrete excess sodium through urine. It also relaxes blood vessels, which lowers blood pressure. While potassium is important for health, modern diets tend to be too high in sodium. Red cabbage is a good source of potassium, delivering 95% of the DV in a 2-cup serving (178 mg) (40).Eating more potassium-rich cabbage is a healthy way to lower high blood pressure and may help keep it within a healthy range (38).Cholesterol is a waxy, fat-like substance found in every cell in your body. Some people think all cholesterol is bad, but its essential for the body's proper functioning.Critical processes depend on cholesterol, such as proper digestion and the synthesis of hormones and vitamin D (41).However, people who have high cholesterol also tend to have an increased risk of heart disease, especially when they have elevated levels of LDL (bad) cholesterol (42).Cabbage contains two substances that have been shown to decrease levels of LDL (bad) cholesterol.Soluble fiber has been shown to help lower LDL cholesterol levels by binding with cholesterol in the gut and keeping it from being absorbed into the blood.A 2023 systematic review and meta-analysis showed a significant reduction in LDL and total cholesterol with soluble fiber supplementation (43).Cabbage is a good source of soluble fiber. In fact, around 40% of the fiber found in cabbage is soluble (44).Cabbage contains substances called phytoesters. They are plant compounds that are structurally similar to cholesterol, and they reduce LDL cholesterol by blocking the absorption of cholesterol in the digestive tract (45).A 2020 American Heart Association study showed that 2-3 grams of plant stanol esters a day reduced LDL cholesterol by 9-12% (46).These vitamins are divided into two main groups (47):Vitamin K1 (phylloquinone): This is found primarily in plant sources.Vitamin K2 (menaquinone): This form is found in animal sources and some fermented foods. It is also produced by bacteria in the large intestine.Cabbage is a terrific source of vitamin K1, delivering 56% of the DV in a single cup (89 g) (2).Vitamin K1 is a key nutrient that plays many important roles in the body.One of its main functions is to act as a cofactor for enzymes that are responsible for clotting the blood.If, without vitamin K, the blood would lose its ability to clot properly, increasing the risk of excessive bleeding.In addition to being super healthy, cabbage is delicious.It can be eaten raw or cooked and added to a wide variety of dishes like salads, soups, stews and slaws. This versatile veggie can even be fermented and made into sauerkraut. In addition to being adaptable to many recipes, cabbage is extremely affordable.No matter how you prepare cabbage, adding this cruciferous vegetable to your plate is a tasty way to benefit your health.Cabbage is an exceptionally healthy food.It has an outstanding nutrient profile and is especially high in vitamins C and K.In addition, eating cabbage may even help lower the risk of certain diseases, improve digestion, and ease inflammation.Plus, cabbage makes a tasty and inexpensive addition to a number of recipes.With so many potential health benefits, it's easy to see why cabbage deserves some time in the spotlight and some room on your plate. Cabbage is low in calories but packed with vitamins, antioxidants, and fiber. Regular cabbage intake supports gut, heart, and immune health while helping manage weight and inflammation. Red and green cabbage offer different nutrient profilesboth beneficial and affordable staples for everyday eating. Cabbage is part of the cruciferous vegetable family, which includes broccoli, cauliflower, and Brussels sprouts. Although its exact nutrient value varies by type, both green and red cabbage are rich in key vitamins and antioxidants that support overall health.Vitamin C: Supports immune defense, collagen production, wound healing, and iron absorption. Helps protect against oxidative stress linked to chronic diseases.Vitamin K: Crucial for blood clotting, bone health, and maintaining artery flexibility. One cup of cabbage provides over half your daily needs. If you take blood thinners, you may need to adjust your intake accordingly. If you have a thyroid condition, consult your healthcare provider or a registered dietitian nutritionistabout cabbage intake, as it may impact your thyroid function. Cabbage Nutrition Highlights (per 100 g / 3.5 oz serving)NutrientGreen Cabbage (amount / %DV)Red Cabbage (amount / %DV)Key BenefitsCalories25 kcal/13 kcalLow-calorie, nutrient-denseCarbohydrates6.8 g / 2%7.4 g / 3%Steady energyFiber2.5 g / 9%2.1 g / 8%Gut health & fullnessProtein1.3 g / 3%1.4 g / 3%Tissue repair & metabolismVitamin C36.6 mg / 41%57 mg / 63%Immune & antioxidant supportVitamin K76 mcg / 63%38 mcg / 30%Red clotting & bone strengthVitamin A98 IU / 22%Eye & immune healthVitamin B612 mg / 7%6.21 mg / 12%Brain & energy metabolismKey: Percent daily value (%DV), grams (g), milligrams (mg), micrograms (mcg), International Units (IU). Cabbage contains polyphenols and flavonoids, natural compounds that help. Neutralize free radicalsPromote cellular health and healthy agingReduce inflammationReduce the risk of chronic diseases (e.g., arthritis, diabetes, dementia, and others) With almost 10% of your daily fiber per 100g, cabbage allows you to eat a satisfying volume while moderating your calorie intake. Its fiber helps you feel fuller and supports healthy digestion. Plant sterols in cabbage compete with cholesterol for absorption in the gut, which may help reduce LDL (bad) cholesterol levels and support heart health. Cabbages fiber feeds beneficial gut bacteria, promoting digestive balance. Both insoluble and soluble fiber contribute to regularity and microbiome diversity. Special plant compounds (phytoesters) help maintain a healthy gut barrier and help reduce the risk of colon cancer. Red cabbage is rich in anthocyanins, a type of pigment that may help reduce the risk of cardiovascular disease. Cabbage also provides vitamin B6and folate, which help regulate homocysteine levels and support the production ofhealthy red blood cells. Cabbage supplies potassium, a key mineral that helps balance sodium levels and regulate blood pressure. Diets rich in potassium (like the DASH diet) are linked to a lower risk of hypertension and stroke. Compounds like sulforaphane and kaempferol in cabbage have anti-inflammatory effects that may lower the risk of chronic conditions such as heart disease and arthritis. Cabbages fiber, plant sterols, and glucosinolates may improve insulin sensitivity, support healthy blood sugar control, and reduce the risk of developing type 2 diabetes. When cabbage is chopped or cooked, its glucosinolates form active compounds (indoles and isothiocyanates) that have shown cancer-protective effects in lab and animal studies. However, further research in humans is needed to confirm these results. Affordable and versatile year-round,green, red, savoy, and Napa varieties make cabbage budget-friendly, nutrient-packed food.Eat it raw: Shred no slaws or salads for a crunchy, vitamin-rich boost.Cook it: Add to soups, stir-fries, or casseroles. Steaming preserves the most nutrients.Ferment it: Make sauerkraut or kimchi to enjoy the benefits of probiotics.Quick tip: Reduce strong odors by cooking briefly, adding lemon juice or vinegar, or lightly sauting with a small amount of olive oil. The humble cabbage stars in these stellar recipes. Cost-effective and readily available year-round, cabbage is a healthy green that deserves more attention for its deliciousness and nutritional value (it boasts high levels of vitamins C and K). From coleslaw to soup, we've rounded up the top 18 cabbage dishes that our readers love. Dotdash Meredith Food Studios Whether you're searching for a Saint Patrick's Day dish or just want a hearty dinner, this traditional corned beef and cabbage recipe will check all your boxes. Dotdash Meredith Food Studios Frying cabbage in bacon drippings yields with a hint of sweetness from caramelized onions and garlic. Dotdash Meredith Food Studios A traditional Filipino dish, this fried noodle recipe is packed with cabbage, chicken, and carrots. Dotdash Meredith Food Studios Perfect for when you're feeling under the weather, this hearty cabbage soup will have you on the mend in no time. Kgora A wonderful side dish for barbecue, or stacked on a sandwich, this sweet and creamy coleslaw recipe will rival even your favorite restaurant's version. Dotdash Meredith Food Studios "I'd never thought of roasting cabbage," says user love2cook. "It tastes a little bit like roasted Brussels sprouts, which I love." Dotdash Meredith Food Studios A classic recipe, these cabbage rolls are stuffed with a combo of ground beef and rice before being simmered in a flavorful tomato sauce. Dotdash Meredith Food Studios Packed with veggies like cabbage, beets, potatoes, and carrots, this chunky soup is best served with a dollop of sour cream and sprinkle of fresh dill. Dotdash Meredith Food Studios "This Instant Pot cabbage recipe can be served with cornbread or as a side dish to your favorite meal," shares recipe creator EyeSpy. "Preparing cabbage in a pressure cooker preserves most nutrients and produces a sweet yet savory dish. This recipe is quick, flavorful, and easy!" Dotdash Meredith Food Studios "Great recipe that you can throw together a few minutes and allow to cook all day," says recipe reviewer Lisa Michelle. Photographer: Kyle Carpenter / Food Styling: Julian Hensarling / Prop Styling: Prissy If you want all the goodness of cabbage rolls, without the effort of stuffing them, this should be your go-to recipe. DOTDASH MEREDITH FOOD STUDIOS Shredded cabbage is a great addition tostir-fry recipesbecause it quickly becomes crisp-tender when thrown into a pan. Dotash Meredith Food Studios "For such a simple dish, I can't believe how much I love this!" says user suzzakae. Dotdash Meredith Food Studios Napa cabbage, popular in Asian dishes, is the base for this deliciously crunchy salad. It's high in protein and bold, impactful flavor. "This is an EASY recipe," says recipe creator Susan. "My son doesn't like cabbage but will eat this like crazy." DOTDASH MEREDITH FOOD STUDIOS Cabbage roll casserole is the saucy, satisfying 9x13 dish that take your weeknight dinners from boring to bold. Enjoy a casserole dish of seasoned ground beef, chopped cabbage, and fluffy white rice, topped with tomato sauce and beef broth, for a wonderfully cozy bite. DOTDASH MEREDITH FOOD STUDIOS This tastes just like the red cabbage at my favorite German restaurant," says one Allrecipes user. "I'm thrilled that I can so easily make it at home. I cut back the salt to about 1 tsp. because my cabbage was small, but otherwise didn't make any changes. I cooked mine in the Instant Pot for about 15 minutes and it was perfectly tender and the apple had melted in." Cabbagetown, Georgia is an historic neighborhood (listed on the U.S. National Register of Historic Places) and one of Atlanta's oldest industrial settlements. After the Atlanta Rolling Mill was destroyed in the Battle of Atlanta, Jacob Elsas, a German Jewish immigrant, began operations of the Fulton Bag and Cotton Mill, in 1881. Cabbagetown was built for the workers of the Souths first textile processing mill. White laborers were recruited from the Appalachian region of north Georgia. The promise of wages, health care, and housing was an attractive alternative for many who were previously poor sharecroppers. From 1881 to 1922, Elsas built a small community of simple frame one and two-story shotgun and cottage-style houses flanking the Mill. In the fashion of similar paternalistic Mill owners, Elsas attempted to provide his workers with everything he believed they needed: security, medical, dental, a library, nursery services, even the occasional picture show. This grew a tightly knit, semi-isolated community whose lives were anchored to the Mill. Everyone in this community worked the Mill; men, women and even children, until the Fair Labor Standards Act was passed in 1938, banning child labor. The Mill thrived until 1951 when it was sold to new owners. The homes were offered to their respective tenants. The homes not bought by the current residents were sold to investors. The Mill is a rare example of Atlantas earliest industrial architecture, and was added to the National Historic Register in 1976, along with the original houses surrounding the Mill. After the century old mill closed in 1977, Cabbagetown went into a brief decline. Some of the original workers left to find work, but many stayed.Sparked by an influx of artists in the 1980s, including a photographer, Raymond Herbert, known by many as Panorama Ray, Cabbagetown started to see tremendous growth. Many had high hopes for the Atlanta art scene and aspired to make Cabbagetown into an art gallery district as well as an overall artistic zone. Panorama Ray opened an art studio and photo gallery called, Cirkut Central, on the main drag of Carroll Street. In 1995, during a time of rapid renewal and gentrification within Atlantas neighborhoods, the Mill was sold for conversion into lofts. The project was one of the biggest loft conversions in the United States and required funding from several sources including the City of Atlanta, the Department of Housing and Urban Development and the federal Empowerment Zone Program. Today the old Fulton Bag and Cotton Mill is a gated community called the Fulton Cotton Mill Lofts. Since Panorama Rays death in 1997, Carroll Street has become the home of some of Atlantas most noteworthy restaurants and makes a great people-watching spot.In April 1999 a 5-alarm fire severely damaged the east building of the Mill, which was still being renovated. Several nearby homes were also destroyed. The lofts nevertheless opened the following year.A tornado in March 2008 damaged parts of the loft complex and many of the historic homes and businesses. In the true fashion of Cabbagetown, neighbors banded together and helped the community recover. Now, Cabbagetown throws an annual "Tasty Tuesday" party to commemorate the sense of community and the tragedy of the mill.Today, Cabbagetown is home to a unique mix of families, singles and professionals. Home types include farmhouses,Victorian, bungalows and early 1900s shotgun style homes. It is a rural-type neighborhood community with an urban setting. Here you will find people with a rich sense of community. You will find people gardening together in the Community Garden, picnicking in one of our lovely parks or sitting on their porches together; talking, laughing and helping each other out.A great time to come see ur Cabbagetown is in November when we have our annual Chomp and Stomp Bluegrass and Chili Cook-off Festival. The day starts with a 5k run and culminates with a tasting of over 100 different chilis, bluegrass music on 3 stages and artist booths throughout.There are many tales and versions of how Cabbagetown, a little Cotton Mill Village, got its name. Here are a few:According to Marion A. Peanut Brown, when she moved to the Fulton Bag and Cotton Mill Village in 1919 she got her first job peddling produce on foot and carrying baskets of sweet potatoes from door to door. There she met and worked with Joe Newman from a mule-drawn wagon. They peddled around town through the week, but on Fridays and Saturdays many produce wagons would park at one of three different mill gates. They soon found that cabbages sold better than all of the other produce and decided to take entire loads of nothing but cabbage, thus the beginning of the name Cabbagetown. She says the name slowly spread and by the mid 1930s the place was well known as Cabbagetown.Another explanation is the mosts transplanted poor Appalachian residents (largely of Scottish-Irish descent) who worked in the nearby Fulton Bag and Cotton Mill, would grow cabbages in the front yards of their shotgun houses and one could distinctly smell the odor of cooking cabbage coming from the neighborhood. People outside the neighborhood said Cabbagetown, with derision, but it soon became a label of pride for the people who lived there. A variation of this explanation is that a local cab company operating off Memorial Drive gave nicknames to various neighborhoods they serviced and the specifically called the mill town Cabbagetown, because of the smell.Yet another explanation is that a train carrying a load of cabbages derailed by the the neighborhood and the poor residents quickly accumulated the cabbages and used them in just about every meal. A variation of this legend has a Ford Model T taking a sharp turn at one of the main intersections of Cabbagetown, and flipping over spilling its cargo of cabbages across the street. Someone yelled Free Cabbages! and they were soon carted away by the residents.

How much is a cabbage patch doll worth in the box. Are cabbage patch dolls worth any money. How much is an original cabbage patch doll in the box worth. Are original cabbage patch dolls valuable. Are cabbage patch dolls worth a lot of money. Are cabbage patch dolls worth anything now.

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