

Broccoli microgreens:

It's no secret that microgreens and sprouts of cruciferous vegetables are highly nutritious. Broccoli finds its way to the dinner table all the time, but broccoli microgreens are not popular. Broccoli microgreens are usually 10 to 14 days old from planting, and it's at that period when the plants have a higher amount of sulforaphane, a natural compound.

The compound is also in other cruciferous vegetables like cauliflower, kale, and cabbage, but broccoli is one of the vegs with the highest levels of it, especially at the microgreen and sprout stages. You can eat broccoli microgreens with anything edible. They're capable of reversing serious ailments and boosting your health. Let's explore the nutritional benefits of broccoli microgreens.

1. PROMOTES CARDIOVASCULAR HEALTH

According to studies, broccoli microgreens can help lower blood pressure in our bodies. It also lowers triglyceride levels. Therefore, if you consume broccoli microgreens frequently, you can keep stroke and other heart diseases away.

A study done on lab rats showed that the substance Glucoraphanin helped to lower their blood pressure. Other studies have shown that sulforaphane can reduce the risks of heart attacks, strokes, and atherosclerosis.

2. ANTICANCER POTENTIAL

Sulforaphane, which is present in broccoli microgreens and sprouts, has been a subject of interest in anticancer research. Studies show that the compound in the broccoli microgreen may have a chemopreventive effect on certain types of cancers such as prostate, skin, breast, melanoma, and stomach tumors.

According to a study published in Cancer Prevention Research in 2018, the inclusion of broccoli microgreens was more beneficial in breast cancer prevention than adulthood diet. The same journal also deemed the cruciferous vegetable effective on urinary bladder carcinogenesis.

3. THEY HAVE ANTI-DIABETIC PROPERTIES

Sulforaphane in broccoli microgreens has been known to alleviate diabetes, especially for those people who are overweight or obese. It helps people with type II diabetes regulate their blood sugar levels and deal with diabetic neuropathy. These magical microgreens can also bring down oxidative stress, insulin resistance, and CRP, an infection-growth protein.

A study was done on people with Type 2 diabetes. The participants were given broccoli with a high volume of sulforaphane daily, and it helped reduce blood sugar levels by almost 6.5% and improved the control of blood sugar, according to the findings.

4. SUPPORTS HEALTHY AGING

Aging is a normal process. Genetics and the environment play a vital role in one's health throughout their lives. Research has shown that supporting body cells and helping them maintain their normal activity can impact the health of the aging body positively. By supporting the cells, you defend the normal cellular functions against external threats to health.

Although aging is unpreventable, it's possible to support someone's health and wellbeing as they age. Broccoli microgreens' sulforaphane reduces the factors that facilitate decreased quality of life. Moreover, vitamin A and C in the microgreens can help eliminate wrinkles and age spots to reduce aging.

5. REDUCES THE SYMPTOMS OF AUTISM

Some studies on microgreens nutrition have shown that a sulforaphane-filled broccoli microgreens diet can help reduce the chances of autism in children. It may be the powerful antioxidants in the young broccoli plants which ensure children have normal brain development.

Pregnant women are therefore encouraged to consume broccoli microgreens to ensure the fetal brain develops normally. According to Dr. Kanwaljit Singh, fever improves autism, and sulforaphane induces fever and, therefore, can treat autism.

6. PROMOTES DIGESTIVE HEALTH

Many people have experienced gastrointestinal issues in different forms. It can be mild bloating or extreme abdominal pain. Doctors have recommended broccoli sprouts or microgreens for patients exhibiting those conditions. Broccoli microgreens help to aid the digestive system and prevent the accumulation of dangerous bacteria.

One of the dangerous bacteria broccoli microgreens help to reduce is *Helicobacter pylori*. They also ensure good nutrient uptake and digestive health, thus lowering the risk of ulcers, constipation, and colorectal cancer. Indeed, broccoli microgreens have a lot of health benefits for people.

7. BOOST BRAIN FUNCTION

According to studies, sulforaphane reduces the chances of mental decline and improves recovery in case of a brain injury. The compound in broccoli microgreens and sprouts has been proven to reduce depression symptoms as well as anxiety in animals.

After a study was done in 2017, it was concluded that sulforaphane and vitamin E combined reduced oxidative damage to mice that were exposed to lead, and also improved their deteriorating cognitive system.

8. GOOD FOR RESPIRATORY SYSTEM

A study published in *Clinical Immunology* in 2009 found that broccoli sprouts and microgreens could solve an array of problems with our lungs. Sulforaphane, the compound in broccoli microgreens, reduces inflammation in the respiratory pathways and brings oxidative stress down.

When you consume broccoli microgreens frequently, you will be able to keep lung-related conditions at bay and reduce symptoms of asthma. According to a journal published by the Medicine Plant Research, sulforaphane is capable of fighting off respiratory diseases.

9. ANTI-INFLAMMATORY

Inflammation causes numerous diseases, and you can effectively avoid those diseases by reversing it. By consuming broccoli microgreens, your body gains a compound known as glucoraphanin, which is an antioxidant that helps improve heart health, lower blood pressure, and fight against inflammation.

Basically, the antioxidant boosts your immune system to fight oxidative stress. Glucoraphanin collaborates with other nutrients in the broccoli microgreens and sprouts and fights cell damage promoting overall health.

10. GOOD FOR YOUR SKIN

Broccoli microgreens are packed with plenty of Vitamin C. One serving has about 60 percent of this essential nutrient. Vitamin C protects your skin from the sun rays and prevents early aging.

In a study conducted on over 4000 women, it was discovered that women with vitamin C deficiency had more wrinkles than the ones with the nutrient.

CONCLUSION

Broccoli microgreens reserve a lot of nutrients which comprise of proteins and antioxidants. We've seen that the nutrients improve the body's defense against cancer, diabetes, calms inflammation, protects vision and helps detoxify the body.

Pea Shoots:

Peas are a common vegetable and favorite from all corners of the world. You have most likely bumped them and familiar with peas and countless recipes that contain peas, but have you tried pea shoot microgreens which are normally consumed as a salad or healthy blended smoothie?

Just like other microgreens, the pea shoots contain a higher density of nutritional benefits and come with several health benefits for your body. In fact, studies have proved that they contain over 40x more nutrients than fully matured peas. They not only ward off disease but also help prevent cancer

1. RICH SOURCE OF VITAMIN C

One cupful of pea microgreens contains half of the recommended daily intake of Vitamin C for an adult. The vitamin can help improve your immune system that perhaps depleted due to smoking, stress, obesity, or too much drinking. Vitamin C also reduces the risk of infections and pneumonia associated with the common cold. What's more, blood with a higher concentration of Vitamin C can help lower the risk of stroke.

Research has also indicated that Vitamin C can reduce the chances of developing cancer and cardiovascular disease. Health professions, however, encourage you to consume the healthy vitamin from lightly cooked or raw consumed foods, and pea shoots are the perfect source.

2. AIDS IN WEIGHT LOSS

Struggling with obesity or excessive weight, you better consider trying the health benefits of microgreens, especially pea shoots. They have a fantastic nutrient to calorie ratio and offer the right amount of dietary fiber, which assists your body to control its weight and regulate metabolism.

Though they have no direct effect on your weight loss, they remain a great addition to an effective loss program. Its fiber component satiates your cravings, making you feel content for long. Pea shoot microgreens is, therefore, a great addition to your weight loss program, which is also one of the *benefits of radish microgreens*.

3. CANCER PREVENTION

Any food that can help prevent cancer in all means is welcomed with open arms, and for that reason, mainly, you should add pea shoots to your diet. These microgreens contain antioxidants, folate, and carotene. Folate contributes immensely to the formation of our body cells, and it also helps them maintain a healthy state.

Research has shown that radical damage of the cells is commonly associated with the risk of developing cancer. The antioxidant content of pea shoots helps in fighting the condition. Carotene is another compound associated with cancer prevention.

4. IMPROVES YOUR HEART HEALTH

Though there hasn't been advanced research on the relationship between pea shoots and cardiovascular health, they support that these leafy greens promote the inflammation and immune system of the body.

They also feature high levels of antioxidants and phytonutrients, which they offer, meaning pea shoot microgreens may have a wide range of cardiovascular benefits. Inflammation and antioxidants alone can help protect your body from heart disease.

5. PREVENT DEFICIENCY AND ANEMIA

Iron is essential to the body. It's used to transport oxygen through the blood and trigger enzyme reactions. Iron deficiency is so serious that it can lead to anemia. Symptoms are poor temperature regulation, fatigue, poor immune performance, and inflammation of the tongue.

Pea microgreens boost the body by preventing iron deficiency. A single cup provides about 10 percent of the allowed daily intake of iron. When consumed with a balanced diet, pea microgreens can ensure your levels are maintained at the average level. You have to consume them almost daily, though!

6. LOWERS THE RISK OF DEVELOPING DIABETES

Many studies suggest that green peas can have many benefits for people who have diabetes, there's not much research showing that they can prevent you from the disease, but at least pea shoot microgreens can help reduce the chances.

Pea shoots contain most of the nutrients essential for keeping your blood sugar levels low as well as support your antioxidant levels. Therefore, pea shoot microgreens are useful in helping people with type two diabetes and lowering the risk of developing diabetes. If you are a type two diabetes patient, include one serving of pea shoot microgreens in your daily intake to help you recover first.

7. THEY ARE HIGH IN PROTEIN

In terms of volume, pea shoots are one of the best sources of protein. A single cup of pea shoots can provide two grams of protein, which is equivalent to a third of an egg. When consuming a raw vegetarian diet, pea shoots can become the secondary source of natural protein, thus removing the need for reliable shakes, processed soy foods, or carbohydrate-rich beans.

Protein is essential in all tissue building in the body, and it's therefore necessary to keep your intake on average regardless of the type of diet you're following. Every kg or 2.2lbs of body weight should be fed with 0.8g of protein daily.

8. ANTI-INFLAMMATORY

Many of the ailments that attack our bodies, including cancer, heart disease, diabetes, depression, arthritis, and Alzheimer are due to inflammation. Pea shoots densely contain antioxidants and phytonutrients required in supporting the body's complex inflammation system.

One cup of pea shoots contains about 35% of Vitamin C daily value, 15% of Vitamin A. That's seven times the amount of Vitamin C in blueberries, and four times the amount of vitamin A in tomatoes. Pea shoot microgreens are an excellent source of vitamin K.

Sunflower microgreens:

Health Benefits:

- Sunflower sprouts are a perfect source of complete protein. In fact, they are considered to be the most balanced of all of the sources of essential amino acids, helping to repair muscle tissue and aid in enzymatic functions in the body.
- They help build our skeletal, muscular, and neurological systems.
- They activate every cell of the immune system and help to keep gut bacteria healthy, thus improving our ability to fight disease.
- They boost fertility as they contain high amounts of zinc. Zinc is a well-researched mineral that is essential for the development of sperm.
- Sunflower greens are a nutritional powerhouse packed with vitamins A, B complex, D, and E; they also contain minerals including calcium, copper, iron, magnesium, potassium and phosphorus.
- Sunflower sprouts are high in B vitamins, especially folate. Folate is a necessary B vitamin for pregnant women. Folate helps to protect babies from developing neural tube defects (NTDs). The combination of B vitamins also assists in the mother's circulation as well as aids in stress relief. In fact, sunflower sprouts are rich in all of the nutrients that are important during pregnancy such as iron, calcium, essential fats, and folate.
- Sunflower greens are a rich source of lecithin which helps to eliminate accumulated deposits in arterial walls, and break down fatty acids into an easily digestible water soluble form.
- They are rich in chlorophyll which benefits many functions within the body, including building blood supply, revitalizing tissue, calming inflammation, activating enzymes, and deodorizing the body.
- The sunflower sprout is a natural expectorant for chest congestion: In Ayurvedic medicine, these sprouts are thought to have the ability to encourage clearance of the lungs. Natural expectorants may also be used as a preventative measure against lower respiratory infections to deter the invasion of pathogens.
- Boost your antioxidant capacity with sunflower sprouts: Sunflower sprouts contain high amounts of vitamin E. Vitamin E works synergistically with vitamin C and selenium to reduce blood pressure, increase the elasticity of arteries and prevent heart disease.
 - Sunflower microgreens are low in calories and high in nutrition, making them ideal for any natural and healthy fat loss program.