

The Broccoli Snack Study

Main Study Questions

The primary objective of this study was to determine the effects of different methods of broccoli preparation on levels of urinary glucosinolate metabolites and plasma carotenoids.

Motivation for Research

Consumption of Brassica vegetables (which include broccoli, cabbage, and kale) is correlated with a reduction in the incidence of several cancers, including cancers of the lung, stomach, liver, colon, rectum, breast, endometrium, and ovaries. Brassica vegetables are a good source of many nutrients including glucosinolates, which are considered to be active agents for cancer prevention, and carotenoids. Carotenoids may also have a role in cancer prevention and other health benefits including reducing age-related macular degeneration, and therefore merit research to reveal factors that affect their presence in the body. The primary aim of this study was to investigate how various preparations of broccoli impact levels of these healthful nutrients in urine and plasma.

This study was conducted from mid-April through June 2019.

