

Broccoli Study

Main Study Questions

The purpose of this study was to look at whether consuming broccoli for several days prior to eating a large dose of broccoli would affect the levels of isothiocyanates (a chemical believed to protect against certain cancers) in a subject's bloodstream and whether those levels would be affected by her/his genetic makeup.

Motivation for Research

Many studies have shown that eating Brassica vegetables, such as broccoli, is related to a decrease in certain types of cancer. The compounds believed to be responsible belong to a class of chemicals called isothiocyanates. This study was conducted to determine if the level of an isothiocyanate compound in a subject's bloodstream is affected by their eating broccoli in their diet prior to eating a large dose of broccoli. We were also interested in knowing if a person's genetic makeup with regards to an enzyme that breaks isothiocyanates down could affect the amount of isothiocyanate circulating in that person's body.

The study ran from the end of February, 2015 until the end of April, 2015.

