

Kale Study

Main Study Questions

The objectives of this study were to determine how consumption of kale changes the activity of enzymes involved in metabolizing foreign substances in the body, to measure absorption and metabolism of kale nutrients, and to determine how kale consumption affects genes related to cardiovascular health.

Motivation for Research

Consumption of Brassica vegetables such as kale has been correlated with decreased risk of a number of cancers. Brassicas have a rich content of glucosinolates which are considered to be the active agent for cancer prevention. The ability of glucosinolates to modulate foreign substance metabolizing enzymes may explain their anti-cancer activity. Understanding the influence of kale consumption on these foreign substance metabolizing enzymes is essential to clarifying its health-promoting role in American diet.

The study ran from the middle of April, 2018 through the end of July, 2018.

