Broccoli sprouts maximize the vegetable's anti-cancer properties.

Printed from https://www.cancerquest.org/newsroom/2011/01/broccoli-sprouts-maximize-vegetables-anti-cancer-properties on 11/16/2026



There's a reason your mom was so insistent you eat your broccoli. Among other things, broccoli has repeatedly shown its potential to fight off the development of cancer. This effect is accomplished, at least in part, by the enzyme myrosinase and the anti-inflammatory effects of a chemical found in broccoli - sulforaphane. A study at the University of Illinois indicates that in order for broccoli to exhibit its cancer-fighting properties, both of these must be present. Overcooking broccoli can inactivate the myrosinase, and broccoli powder supplements often lack the enzyme altogether. In order to get the most of broccoli's cancer-fighting activity, you may decide to eat broccoli sprouts, which contain large quantities of myrosinase. See the related 'Latest News' to learn more about broccoli's cancer fighting abilities.

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