How does broccoli protect against cancer?

Printed from https://www.cancerquest.org/newsroom/2011/01/how-does-broccoli-protect-against-cancer on 11/14/2026



Broccoli is a special vegetable. Besides being packed with vitamins, it has repeatedly shown a capacity to fight off cancer. Until recently, why broccoli had this effect remained unknown. A recent study in the American Cancer Society's *Journal of Medicinal Chemistry* reveals that isothiocyanates (ITCs), which are found in many vegetables, including broccoli, may help eliminate damaged p53 proteins. The p53 protein is one of the most prominent tumor suppressors in the body. If it is damaged, the chances of abnormal cell development increase dramatically. Early research suggests that ITC may eliminate faulty p53 while leaving normal p53 untouched. See the related 'Latest News' to learn more about broccoli's cancer fighting activities.

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