

## HEALTH TIP

# Cauliflower is good for brain health

By Beatrice Nakibuka

When buying cauliflower, ensure that you look for a firm head with no dark spots and bright green leaves attached to the stem. It contains a variety of nutrients such as vitamin C, K, protein, magnesium, phosphorus, fibre, vitamin B6, potassium and manganese. It is these nutrients that make it beneficial.

### Brain health

Fausta Akech, a nutritionist at Healthy U, says cauliflower is a good source of choline, a vitamin known for brain

development. Its daily intake during pregnancy greatly improves brain activity by boosting cognitive function and improves the memory of the mother.

### Fight cancer

Cauliflower contains a sulfur compound that is a cancer fighting nutrient thereby reducing the incidence and rate of chemically induced tumors. It also inhibits the growth of breast cancer cells.

### Stomach disorders

The presence of sulforaphane in

cauliflower protects the stomach lining from developing Helicobacter pylori bacteria thereby reducing the risk of abdominal disorders such as stomach ulcers and colon cancer.

### Boost heart health

The vegetable has been found to significantly improve blood pressure and kidney function. It contains vitamin K, which possesses anti-inflammatory qualities. Regular consumption of cauliflower ensures healthy blood circulation and maintains the blood vessels.