



Health Benefits of Cabbage





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If you want a beautiful, glowing and healthy skin, and an immune system is powerful sufficient to fight against the various harmful things, do not forget about the highly nutritious but common vegetable. Cabbage is generally powerful. Its power generally comes from its high sulphur and vitamin C content. So, one add this powerful thing in daily routine diet.





What is Cabbage?

Cabbage (*Brassica oleracea*) is a vegetable which belongs to the family i.e. Brassica or cruciferous, which also consists broccoli, kale, cauliflower and brussels sprouts. This vegetable can generally be grown in any kind of soil but grows especially well in fertile soils – the more fertile the soil, the instant the cabbage grows.

Cabbage is one of the oldest vegetable plants that has been used from the centuries and is believed that it has been originated in Asia and the Mediterranean.





Why to Use Cabbage Vegetable?

Here are the some of the nutritional facts that makes this vegetable stronger and powerful as mentioned below:

It consists of calories- 25g, total fat- 0.1g, cholesterol-0mg, sodium- 18mg, potassium- 170mg, total carbohydrate- 6g, dietary fiber- 2.5g, sugar- 3.2g and protein- 1.3g.





What Make Cabbage More Healthy?

This vegetable is rich source of manganese, potassium, vitamin B1, folate and copper. Moreover it is also contains choline, phosphorus, vitamin B2, magnesium, calcium, selenium, iron, pantothenic acid, and niacin.





What are the Health Benefits of Cabbage?

Here are the some of the top health benefits of cabbage as mentioned below:

1. Cabbage for headaches:

A warm compress usually prepared from the cabbage leaves is beneficial in relieving from the pain that causes headache.

Directions:

Firstly crush the cabbage leaves. Then place in a cloth, and gently apply it on the forehead.

➤ One can also consume a raw cabbage juice i.e. 25-50 ml on regular basis for chronic headaches.





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2. Cabbage as Brain Food:

This vegetable is rich source of vitamin K and anthocyanins which is better for mental function and concentration

3. Cabbage has Anti-inflammatory Properties:

This vegetable consists of amino acid glutamine and is also perfect for those who are experience with any kind of swelling.

4. Cabbage for Immunity:

It includes phyto nutrients, antioxidants and moreover in Vitamin C which is effective in protecting your cells from frees radical damage and toxins, thus boost your immunity.





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5. Cabbage for Bone Health:

It contains minerals such as calcium, potassium, and magnesium which are effective in protecting the bones against from degradation and also from other conditions like bone weakening.

6. Cabbage is Rich in Fiber and Iodine:

It is rich in fiber which is beneficial for the body to retain water and move waste along efficiently. It is also rich in iodine, good in proper functioning of the brain and the nervous system, apart from keeping the endocrinal glands in proper condition.

7. Cabbage for Weight Loss:

One who want to lose the weight naturally then one can go for cabbage and can include it on his/her daily diet. It includes good amounts of fiber and can make you feel fuller for a longer time. It is usually lower in calories as well.

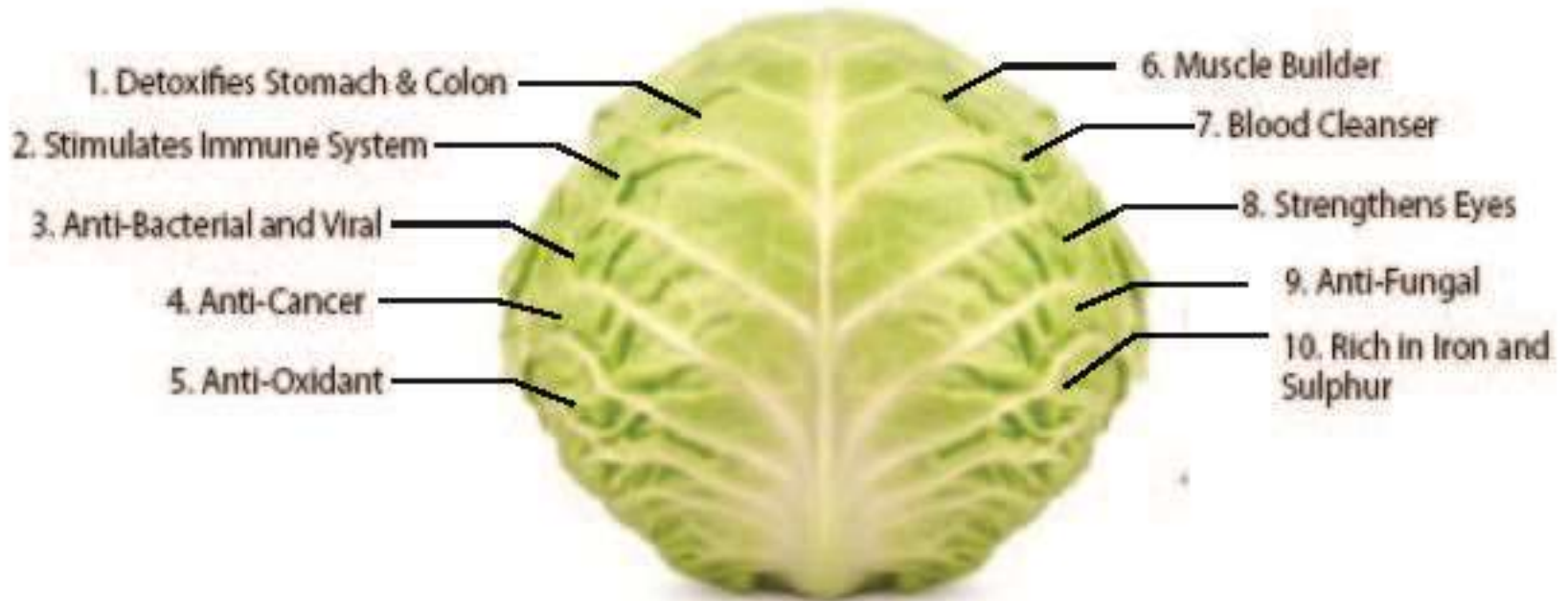


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8. Cabbage for Preventing the Constipation:

It is rich in fibre which is good in clearing the food and promotes a healthy bowel movement. If, one is not suffering from constipation can also go for cabbage which will help to keep your digestive system in proper functioning.

Health Benefits





Thank You!