**Beneficial Bites**

* Love it or hate it, this powerful vegetable packs the most nutrients of any other: vitamins A, B6, and C, and calcium, iron, and potassium, to name a few.
* Broccoli is also rich in vitamin K, which helps to clot the blood. Those taking blood thinners need to eat vitamin K foods like broccoli in steady amounts.

**Interesting Facts**

* Fresh broccoli will taste best and have the highest nutrient content if consumed within 3-5 days.
* Broccoli isn’t just green; there are purple and yellow-green varieties as well.
* Calabrese, the most common type found in the U.S., is named for the region of Italy where it was first grown.
* Broccolini has a milder flavor, while broccoli rabe is stronger.

Created by Amy Erickson, University of Wisconsin-Stout Dietetic Intern 2012

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Rediscover broccoli!



Fill in the blanks: find broccoli-related words **in this flyer** to spell out **broccoli**.

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