

Broccoli – college essay



**ASSIGN
BUSTER**

Do you think fruits and vegetables are a good alternative to fight diseases instead of other drugs? Research has proved that there are many benefits in eating fruits and vegetables that can help prevent or control a lot of diseases. Though we were taught to have a daily dose of these healthy foods, many people choose not to eat fruits and vegetables. With the possibility of these foods stopping a disease, would one rather take prescription drugs to fight a disease or much rather just eat their way out of the illness?

It would be far more resourceful to do so. A diet of fruits and vegetables can help prevent many illnesses. Tomatoes, which are fruits, can help prevent heart disease, such as atherosclerosis. Tomatoes are arguably the most popular fruit. They are used in many foods, mostly anyone that eats anything with tomatoes in it benefit from it. Though it is not ideal to eat pizza, one will still benefit from it since it contains tomato sauce. On the website whfood.org, in the article titled "What's New and Beneficial About Tomatoes" the author writes, "Intake of tomatoes has long been linked to heart health. Fresh tomatoes and tomato extract have been shown to help lower total cholesterol, LDL cholesterol, and triglycerides.

In addition, tomato extracts have been shown to help prevent unwanted clumping together (aggregation) of platelet cells in the blood - a factor that is especially important in lowering risk of heart problems like atherosclerosis. This shows how any food containing tomato is beneficial to eat. This isn't to say eating a fresh tomato and eating ketchup have the same health benefit on you, but eating either one is a plus if you're having any troubles with your health. On the website bestveganguide.com, in an article titled "Tomato

Nutrition,” the writer states, “ Lycopene [which tomatoes contain] also helps to prevent the oxidation of cholesterol which helps to prevent atherosclerosis.

Atherosclerosis is a common disorder, many who suffer from it should be relieved to know having a healthy diet of tomatoes can do as much as prevent it. Tomatoes, which are fruits, can help prevent heart disease, such as atherosclerosis. Broccoli, which is a vegetable, can help prevent breast cancer. Possibly one of the most hated vegetables, broccoli’s health benefits are good enough for one to love.

Who wouldn’t love a vegetable that helps fight toward and infamous disease? On the website whfoods. rg, in the article titled “ What’s New and Beneficial About Tomatoes” the author writes, “ The unique combination of antioxidant, anti-inflammatory, and pro-detoxification components in broccoli make it a unique food in terms of cancer prevention. [...] In the case of broccoli, the research is strongest in showing decreased risk of prostate cancer, colon cancer, breast cancer, bladder cancer, and ovarian cancer. [...]” The results found from research done with broccoli have found that broccoli can not only prevent breast cancer, but a significant amount of other types of cancer.

There is also another quote found on the website cancer-c. com, in the article titled “ Broccoli Can Prevent Breast Cancer Cell Proliferation” the author writes, “ Broccoli contains a compound – sulforaphane, can lock the cancer stem cells to prevent breast cancer cell proliferation. Because broccoli contains a compound that can lock the cancer stem cells. This

vegetable may hold the treatment of breast cancer. Broccoli is high in sulforaphane, the compound that will kill the cancer stem cells, to prevent further deterioration. " Breast cancer is a well-known disease that affects many women.

Eating broccoli daily can greatly benefit those suffering from the disease. It shouldn't be difficult making broccoli a part of your daily diet, especially knowing it can save your life. Therefore, eating broccoli can help prevent breast cancer. A diet of fruits and vegetables can help prevent many illnesses. Taking medications for your illnesses can only go so far, and can have its side effects on you. Eating fruits and vegetables has no effects at all on you, unless of course you are allergic. It's an obvious choice one could make on having a healthy diet of fruits and vegetables to save your life.