



Napa Cabbage

Recipe Tips:

~Chop raw napa & toss with other chopped veggies, vinegar, lemon juice, sesame oil, salt, pepper & your favorite herbs & spices for a slaw

~Add to stir-fries for a refreshing crunch

~Braise or roast to bring out a juicy sweetness in the stalks

~Steam large leaves & use as wraps or spring roll wrappers

NAPA (NAPPA, CHINESE, CELERY) CABBAGE

Napa is a light colored cabbage which is commonly used in Asian cooking for its delicate flavor. In China, napa cabbage symbolizes prosperity and is often displayed on glass and porcelain figurines. The mild, sweet leaves and crisp white stalks can be eaten raw in slaws or salads or cooked in soups, stir fries or other dishes.

Key Nutrients:

Vitamin A

Vitamin C

Vitamin K

Antioxidants

Calcium

Fiber

Folate

Glucosinolates

Glutamine

Phytochemicals

*(indoles,
quercetin)*

Selenium

Napa cabbage, especially when steamed, can promote **healthy cholesterol levels** through its ability to bind and carry bile salts out of the body with its **fiber** content.

Cabbage is also a good source of **glucosinolates** such as **sinigrin** which have been shown to help **prevent cancer**. Sinigrin is converted into **allyl-isothiocyanate** (AITC) which has been shown to prevent cancer of the bladder, colon and prostate. **Myrosinase enzymes** in cabbage are needed to convert the glucosinolates into cancer-preventing compounds and are better preserved when the leaves are lightly and quickly steamed as opposed to microwaving, which is more likely to destroy this important enzyme.

Cabbage is also an excellent source of **vitamin C** and **vitamin A** which both serve as important antioxidants to **protect cells from oxidative damage**. Polyphenol **antioxidants** in cabbage have significant free radical fighting as well as **anti-inflammatory**

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properties and likely contribute to cabbage's cancer prevention properties.

Cabbage has also been shown to contribute to **digestive tract health**. **Glucosinolates** and the resulting anti-inflammatory **isothiocyanates**, antioxidant **polyphenols** and amino acid-like substance **glutamine** found in cabbage help to promote healthy bacterial balance in the gastrointestinal tract and protect the lining of the digestive tract.

Notably, **omega-3 fatty acids** are also found in cabbage. In fact, 100 calories of cabbage contains even more **alpha-linolenic acid** (ALA) than an equivalent caloric serving of salmon (although salmon also contains significant amounts of omega-3s in the form of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)).



Proposed Health Benefits:

- ~May prevent cancer
- ~Relieves allergies
- ~Strengthens the immune system
- ~Supports digestive health
- ~Promotes cardiovascular health



Nutrition Facts (per raw cup):

Calories: ~20
Fiber: 1g
Protein: 1g
Fat: 0g
Carbohydrates: 3g
Sugar: 1g



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