HEALTH BENEFITS OF BROCCOLI

Broccoli and Cancer

Broccoli helps fight cancer, especially breast, colon and lung. Broccoli contains antioxidants and a substance called sulforaphane, which research is showing to be a powerful cancer fighter and preventer.

Broccoli and Heart Disease

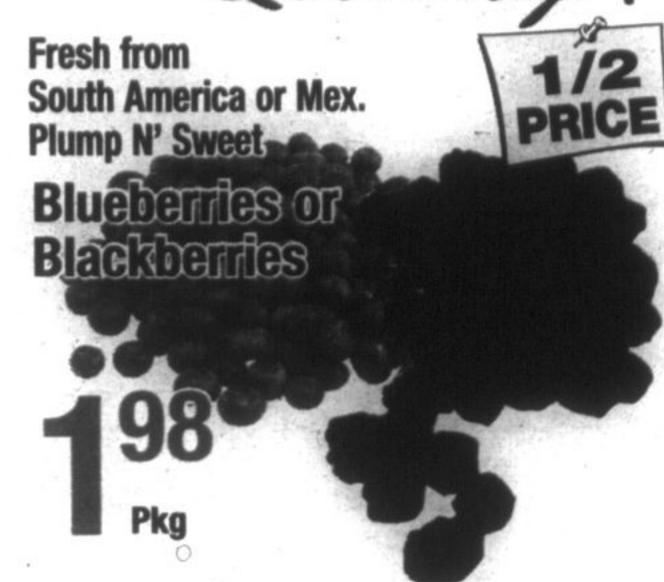
There is strong evidence that broccoli may reduce the risk of heart disease. It is an antioxidant and helps with stress.

More Broccoli Nutrition Facts

Broccoli also lowers the incidence of cataracts.



Quality-Fresh-Produce **Product of Canada or Mex.**

























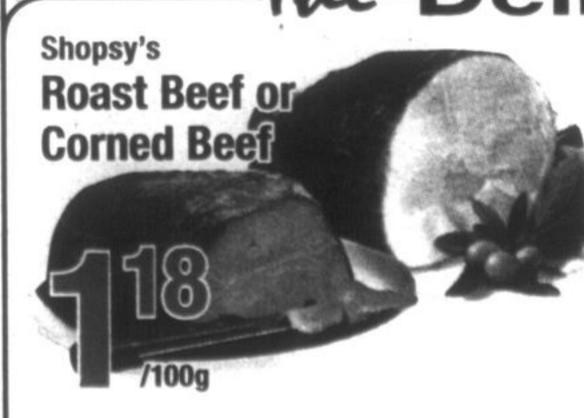






Pork Sausages lb 5.47kg

SAVE \$1.50/LB The-Delicatessen









Chicken

SAVE

\$1.80/LB

SAVE

\$1.00/LB

Gourm

Cooked Seve

Times Daily

White M

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