

# CAULIFLOWER LEAVES AN UNDER UTILIZED GREEN LEAFY VEGETABLE

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## INTRODUCTION:

Green leafy vegetables occupy important place in our consumption pattern as they are the richest source of vitamin, minerals and fiber. There are many under-utilized green leafy vegetables which are more nutritious and have ability to nourish the increasing population. They have remained under-utilized though these are nutritionally superior due to lack of awareness and popularization of technologies for utilization. Green leaves from carrot, radish, turnip, Colocasia, cauliflower leaves are usually considered as wastage.

Cauliflower (*Brassica oleracea*, variety botrytis) a cruciferous vegetable belongs to Brassicaceae family is one of the most common and frequently consumed in India but their leaves which covers the growing florets are neglected and rarely consumed by the people. The size of these leaves' ranges from medium to large.

## NUTRITIONAL INFORMATION:

According to Nutritive Value of Indian Foods provided by the National Institution of Nutrition (NIN), 100g of cauliflower leaves contains

Nutrients	Quantity
Energy	66 k.cal
Carbohydrates	7.6g
Protein	5.9g
Fat	1.3g
Crude fiber	2g
Calcium	626 mg
Phosphorous	107 mg
Iron	40 mg
Beta carotene	49.526 mg
Moisture	80 g

## HEALTH BENEFITS:

### • Good Source Of Protein:

Cauliflower leaves provides twice the amount of protein than that in cauliflower which are essential for the normal growth and development of the children. Regular use of these leaves is beneficial for malnourished children.

### • Contains Antioxidants:

As these leaves contain high amount antioxidants and other bioactive compounds, protects against free radicals' damage and oxidative stress and helps in reducing the chronic diseases. These leaves contain sulfur compound which is believed to kill and eliminate cancer stem cells. Sulforaphane in these leaves found to improve blood pressure and kidney function.

### • Excellent Source of Ca:

Cauliflower leaves contain high amount of calcium, these leaves have a potential to prevent the onset of osteoporosis and other bone related diseases.

### • Improves Hemoglobin Level:

Leaves of cauliflower are rich in Iron. So, it has potential to treat and prevent anemia in different age groups like children, adolescents and women. Also helps in improving the HB levels.

### • Maintain Eye Health:

Regular intake of these leaves can efficiently improve serum retinol level which helps in maintain eye health and prevents night blindness. These leaves are rich in beta carotene which helps in preventing vitamin A deficiency.

### • Other Benefits:

These leaves contain moderate amount of carbohydrates, high protein and fiber and the protein present in these can reduce the blood glucose level which benefits diabetic patients. These leaves are good for cardiac patients as they contain low amount of fat and high fiber content.

Cauliflower leaves can be incorporated into any recipe for improving the overall nutritional and health status.



## CONCLUSION:

Cauliflowers are seasonal vegetable and are widely grown. The good quality of cauliflower leaves is available abundantly during the winter season. These leaves are mostly neglected though they are highly nutritious and highly perishable. So, to ensure the regular intake, these can be dried and preserved for future use for improving the nutritional status.