

This week on Radio Nova we learned all about Microgreens.

**Microgreens benefits**

The nutritional benefits of each type of microgreen depend on the plant, but research shows that microgreens may contain 4 to 40 times the nutrients of mature plant leaves. Vegetables are already high in vitamins, but the minerals and phytochemicals in microgreens offer even more nutritional value. Research on microgreens is still in the early stages, but based on what experts know about the benefits of vegetables, they may:

1. **Help manage Type 2 diabetes**

People with Type 2 diabetes can’t control the amount of sugar (glucose) in their blood, their cells don’t remove sugar from their blood like they’re supposed to. But microgreens can help with regulating your blood sugar. Research on animals shows that broccoli microgreens improve insulin resistance so sugar leaves the blood to enter cells.

1. **Improve thinking and reasoning**

Polyphenols are plant-based substances with antioxidant properties. They provide several health benefits, and microgreens have lots of them. Scientific evidence shows that polyphenols may improve how well you think and reason (cognition) and even prevent or delay the beginning of neurodegenerative diseases like Alzheimer’s disease.

1. **Lower the risk of heart disease**

Polyphenols are also linked to a lower risk of heart disease. More specifically, studies in the lab show that when red cabbage microgreens are added to a high-fat diet, they reduce body weight, triglycerides and LDL (bad) cholesterol — all risk factors for heart disease.

1. **Prevent cancer**

Brassicaceae microgreens contain sulforaphane. One of sulforaphane’s many health benefits is cancer prevention. Research suggests that adding Brassicaceae microgreens to a balanced diet may help prevent, block or possibly reverse cancer growth. One study finds this family of microgreens to be especially useful in preventing colon cancer.

1. **Protect vision**

Lutein is a powerful antioxidant found in spinach, broccoli, dandelion and cress microgreens. It may be especially beneficial for eye health in older adults.

**Links for more information:**

[www.microveggy.com](http://www.microveggy.com)

[www.betterplants.ie](http://www.betterplants.ie)

