Cabbage is full of bone-healthy nutrients. it can be used in stir-fries, soups, and other delicious dishes. Cabbage is in season in the winter.

Cabbage is a member of the cruciferous family, which includes foods like broccoli and cauliflower. Cabbage contains some excellent bone-building nutrients such as…

Vitamin B9 (Folate)

One of the B-complex vitamins, folate works in conjunction with Vitamin B6 (also found in cabbage) and B12 to convert homocysteine to other amino acids to prevent inflammation and reduce hip fracture rates.

Vitamin C

Cabbage contains 36.6mg of Vitamin C per half cup. Vitamin C is vital for the production of collagen, which composes the majority of your bone tissue. Collagen is essential for preventing fractures. Vitamin C is also an antioxidant and prevents free radical damage that can harm your bones.

Potassium

This mineral is important for proper muscle function. It is also an electrolyte that helps regulate water balance inside and outside cells and it alkalizes the pH of blood.

Vitamin K

The most important mineral in your bones is calcium, of course. But what you need to know is that the calcium-binding protein called osteocalcin depends on Vitamin K to form calcium bonds. Vitamin K also works in synergy with Vitamin D to regulate osteoclasts (cells that tear down old bone to make way for new bone cells).

Tryptophan

Tryptophan is a chelating agent that promotes the absorption of minerals (such as calcium) through the intestinal walls.

Manganese

Like Vitamin K, manganese plays a role in blood clotting. It also helps in the synthesis of cartilage, bone, and protein and contributes to the activation of enzyme systems.

Polyphenols, Powerful Antioxidants

All cruciferous vegetables rank high in the antioxidant, but cabbage deserves special recognition as being especially high in Polyphenols, the free-radical fighters.

Anthocyanins

These anti-inflammatory compounds boost cytokine production and act as antioxidants.

**Which Variety of Cabbage is Best?**

All cabbage varieties offer bone-healthy nutrients and delicious flavor, whether eaten cooked or raw. Here are some of the varieties you’re likely to see in the grocery store:

* Bok-choy (Chinese cabbage)
* Red cabbage (this variety is higher in Vitamin C than Green)
* Green cabbage (Green one has nearly twice the Vitamin K as Red)
* Brussels sprouts

**Choosing and Storing Cabbage**

No matter which variety of cabbage you choose, look for firm, dense heads with crisp leaves. There should be no cracks or browning. If you see a lot of damage to the outer leaves, don’t assume you can just remove those; damaged outer leaves may well be indicative of worms that may have made their way to the middle of the cabbage. Always buy the whole head, as cut or pre-shredded cabbage have lost much of its Vitamin C.

Store cabbage in your refrigerator. Although cabbage will keep from 1 to 2 weeks, try to use it within 2 or 3 days, because its Vitamin C will start to degrade.

**Preparing Cabbage**

Before you’re going to eat it, remove and throw away the outer leaves and, if you’re going to be chopping or shredding it, cut the cabbage into quarters and rinse them. And then use a stainless steel knife to chop or shred as you like.

**Creamy Cabbage Soup Recipe**

*6 Servings (or reduce the amount for less servings)*

  INGREDIENTS**:**

* 1 fair-sized green cabbage, washed and finely  shredded
* 1 large onion, chopped
* 1 tablespoon vegetarian butter\*
* 4 cups water (adjust amount according  to your need)
* ½ teaspoon nutmeg (optional)
* 1 ½ cups milk substitute  (such as soy milk or almond milk)
* Pepper and sea salt to taste

*\* Vegetarian butter refers to natural, non-hydrogenated, non-dairy spreads, but not margarine which contains hydrogenated oils. If you can’t find any brand that fits this description, then use coconut oil. If so, make sure you keep your stovetop at no higher than medium setting so as not to overheat the coconut oil.*

DIRECTIONS :

1. Heat cabbage and onion in boiling water.
2. Add the vegetarian butter (or coconut oil) and seasoning, and let all cook gently for 1 hour, or longer if the vegetables are  not quite tender.
3. Add the milk substitute when the vegetables are thoroughly tender, and let all simmer gently for 10 minutes. Ready to enjoy!

This creamy, dairy-free recipe is specifically formulated to build and nourish your bones.