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### Why more people should eat broccoli

Many people don't like vegetables, but personally, I think more people should eat broccoli than any other vegetable. This food is personal to me because I grew up eating Broccoli and it is one of my favorite foods. People do not know how to cook broccoli, and I think that is why many do not like the vegetable. The best way to cook broccoli in my opinion is to sauté it in a pan with olive oil and add garlic salt. This really brings out the flavor of it and creates a great side dish. Many people still many not want to eat broccoli because of the way it tastes, but there are more benefits to it than just the taste. Broccoli is good for your immune system, which helps the body to stay strong against deadly illnesses, it is the one of the only vegetables that contains protein, which is good for muscles growth, and improves the overall structure of one's skin. Broccoli is one of the best choices for vegetables and foods in general.

First, Broccoli is good for the immune system, which helps to prevent dangerous viruses. Studies show that, "A chemical in broccoli switches on a set of antioxidant genes and enzymes in specific immune cells, which then combat the injurious effects of molecules known as free radicals that can damage cells and lead to disease." (University of California). This is very helpful for the body and eating other foods like potatoes or corn just do not help as much as broccoli. Many people are concerned about getting sick because of the coronavirus. By eating broccoli, this could be a way to prevent this disease even more than the standard guidelines given to everyone when traveling. One will have a stronger immune system than others, which prevents them from getting the disease and spreading it to others.

Secondly, Broccoli is one of the few vegetables that contains protein. Protein is described here: “Consuming adequate dietary protein is critical for maintaining optimal health, growth, development, and function throughout life. Dietary protein requirements in healthy adults ( $\geq 19$  years old) are dictated largely by body mass and lean body mass, as well as net energy balance and physical activity.” (Carbone and Pasiakos). It is considered the most important for body and muscle growth. To help people that like to work out or help people achieve the muscle or body growth they want, I would recommend eating broccoli with a next meal. Meat is also a great source of protein, but to eat it with broccoli makes for a great protein-based meal. I like to eat it with almost every meal because I work out from time to time, and when I need a good source of protein, this food is here for me, as well as meat and sometimes protein powder can be good for this too.

Finally, broccoli is very good for maintaining a good skin structure. It is explained here that” Skin care not only includes glow, but also its immunity. Since broccoli is a powerhouse of antioxidants and nutrients like vitamin C and minerals such copper and zinc, broccoli helps in maintaining a healthy skin.” (TNN). Healthy skin is important, and broccoli might be the most important food for maintaining it because it contains all those important minerals like copper and zinc. Everyone wants to have healthy, clean skin that heals fast. By eating broccoli, this will help maintain great skin. Having good skin helps to prevent diseases and regulate a good body temperature, as well as being the barrier for internal organs. Eating foods that maintain the structure of the body, like broccoli, is always a good choice.

Broccoli is a super food, which is my main point in writing this. There are just so many qualities that people don’t understand about it, and people only think about the taste. If one is a bodybuilder, or is into working out, then this food is a good choice for them because it builds muscle and body strength. It also helps with the structure of skin, which is also useful for

bodybuilders or for people looking for beauty solutions, like models. It is good for the immune system, and everyone wants to have a strong immune system because of the coronavirus, which no one wants to get. I am trying to prove that broccoli is a food for everyone, and there is no one that cannot eat this food. It helps everyone, and everyone would benefit each other if they chose healthier foods. Broccoli is also a versatile food, and there are several ways to purchase it, grow it, and cook it. It is available in every supermarket, and it is not an expensive food. The best way to cook it is in a pan, but it also is good when microwaved and steamed. I personally believe by eating super foods like broccoli, we can help prevent the spread of deadly illnesses, and we can create a healthier, more active society.

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