

Kohlrabi: A Disease-Fighting, Phytochemical Powerhouse

(Source: <https://draxe.com/kohlrabi>)

What Is Kohlrabi?

You may have spotted kohlrabi at your local farmers' market and wondered what on earth it was. More recently, it has made its way to mainstream grocery store shelves, so thankfully it should be easier to find after your read this article (and you'll definitely know what it is now)!

What does it even taste like? The taste of kohlrabi is similar to a broccoli stem, but milder and sweeter. Some also describe its taste as somewhere between a mild radish, cabbage and [jicama](#).

It is a member of the same family (*Brassicaceae*) as the more well-known likes of kale, Brussels sprouts, [broccoli](#) and cauliflower. The whole kohlrabi plant is edible minus its slender root. The kohlrabi you purchase most likely is half bulb, half greens. The edible bulb or stem can be green, white or purple, depending on the variety. The leaves have a taste similar to collard greens, but less intense. Like its relatives, it is loaded with [phytochemicals](#) that help prevent damage to the cells of our bodies and improve our overall health.

Kohlrabi Nutrition Facts

Kohlrabi (*Brassica oleracea*) is technically a form of cabbage. It's native to Europe and is sometimes called a "German turnip."

1 cup (135 grams) of kohlrabi ([3](#), [4](#)) contains:

- 36 calories
- 8.4 grams carbohydrates
- 2.6 grams protein
- 0 grams fat
- 4.9 grams fiber
- 83.7 milligrams vitamin C (140 percent DV)
- 472 milligrams potassium (13.5 percent DV)
- 0.2 milligrams B6 (10 percent DV)
- 62 milligrams phosphorus (6.2 percent DV)
- 22 micrograms folate (5.5 percent DV)
- 0.1 milligrams [thiamine](#) (4.7 percent DV)
- 32 milligrams calcium (3.2 percent DV)

5 Health Benefits of Kohlrabi

- Fights Cancer
- Improves Heart Health
- Decreases the Risk of Obesity and Diabetes
- Lowers Blood Pressure
- Reduces C-Reactive Protein

1. *Fights Cancer*

Kohlrabi is a member of the champion cancer-fighting family of [cruciferous vegetables](#). Components of cruciferous vegetables have shown their ability to stop the growth of cancer cells, including tumors of the breast, endometrium, lung, colon, liver, colon and cervix.

A unique aspect of cruciferous vegetables is that they are rich sources of sulfur-containing compounds known as [glucosinolates](#), which support detoxification and the production of indole-3-carbinol and isothiocyanates, which greatly reduce the risk of breast, colon and lung cancer. These powerful compounds that kohlrabi contain make it a strong [cancer-fighting food](#), as these compounds help prevent cancer by enhancing the elimination of carcinogens before they can damage DNA or by altering cell-signaling pathways in ways

that help prevent normal cells from being transformed into cancerous cells.

An extensive review of epidemiological studies reported that the majority (67 percent) of 87 case-control studies found an inverse association between some type of cruciferous vegetable intake and cancer risk. The American Institute for Cancer Research even includes a recipe for [braised kohlrabi](#) on its website as natural cancer prevention. ([5](#), [6](#), [7](#))

2. Improves Heart Health

Diets rich in vegetables like kohlrabi protect against cardiovascular disease. A large study of adults ranging in age from 25 years to 74 years showed that there is an inverse association of fruit and vegetable intake with the risk of cardiovascular disease and all-cause mortality in the general U.S. population.

In the *Journal of Nutrition*, a meta-analysis of cohort studies shows that fruit and vegetable consumption is inversely associated with the risk of [coronary heart disease](#). ([8](#), [9](#)) By incorporating more vegetables like kohlrabi in your diet, you can improve the current condition of one of your most vital organs!

3. Decreases the Risk of Diabetes & Obesity

Like other fruits and vegetables, kohlrabi contains high amounts of water and fiber, which can enhance satiety, reduce energy intake and, consequently, decrease body weight. Since obesity is one of the main risk factors for type 2 diabetes, by preventing obesity through a healthy diet including vegetables like kohlrabi, you can directly decrease your likelihood of developing diabetes.

If you have the disease already, you can begin to [reverse diabetes naturally](#) and lessen your need for blood sugar–regulating medications by improving your diet with the inclusion of more vegetables like kohlrabi. One study of 2,332 Finnish men

showed that higher intakes of fruit, berries and vegetables including kohlrabi may result in a reduced risk of type 2 diabetes. (10)

4. Lowers Blood Pressure

High blood pressure or hypertension is a common health condition in which the long-term force of the blood against your artery walls is high enough that it may eventually cause health problems like heart disease, heart attack and stroke. Scary fact: You can have high blood pressure for years without even knowing it because there aren't always obvious symptoms.

One of the best [natural ways to lower blood pressure](#) is through your diet. A healthy diet high in vegetables like kohlrabi is crucial when it comes to lowering blood pressure to a healthy place. Over 60 million Americans have high blood pressure, including more than half of all Americans aged 65–74.

Low levels of vitamin C have been associated with high blood pressure as well as gallbladder disease, stroke, some cancers and [arteriosclerosis](#). By getting enough vitamin C from your diet through the consumption of fruits and vegetables, you may help reduce the risk of developing high blood pressure and other serious health issues. By eating kohlrabi regularly, you can easily and significantly increase your vitamin C intake since just one cup of kohlrabi fulfills 140 percent of your daily needs! (11, 12, 13)

5. Reduces C-Reactive Protein

C-reactive protein is produced in the liver and is a blood test marker for inflammation in the body. It's one of a group of proteins called "acute phase reactants" that go up in response to [disease-causing inflammation](#).

A study published in *The American Journal of Clinical Nutrition* investigated the effects of low, medium and high intakes of vegetables and fruit on markers of immune functions,

including nonspecific markers of inflammation. The study found that a high intake of carotenoid-rich fruit and vegetables, including kohlrabi, reduces plasma C-reactive protein. The lower your level of C-reactive protein, the lower your risk for cardiovascular disease and other serious inflammatory health issues. Another great reason to include lots of kohlrabi in your diet regularly! ([14](#))