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Broccoli 'can prevent hypertension'



Study finds that the balance of minerals the super vegetable contains is beneficial to heart health

Regular broccoli consumption can help combat high blood pressure, according to a new study from Spain.

The study, carried out by Murcian research institute CEBAS-CSIC in collaboration with +Brócoli, the non-profit organisation responsible for promoting the green vegetable in Spain, concludes that a 100g serving provides

300mg of potassium and 30mg of sodium, the combination of which can protect the body against cardiovascular disease if eaten every day.

Tens of millions of Europeans suffer from high blood pressure and studies show that a healthy lifestyle that includes regular exercise and a diet rich in fruits, vegetables, whole grains and dairy can help keep it at bay.

Together with other so-called super foods like avocado and banana, the balance of minerals contained in broccoli has been shown to counter hypertension.