

Shopper's Guide

Selection

Look for

Firm or compact heads. Outer leaves should be a good green or red color (depending on type), and free from large blemishes.

Avoid

Cabbage with wilted, discolored, decayed dried outer leaves or with yellow leaves. Avoid worm-eaten outer leaves. Separation of the leaves from the core indicates over-age

Storage

Cabbage keeps well. Cabbage will keep most of its vitamin C if kept cold. Refrigerate in a loosely sealed plastic bag. Cabbage heads stay fresh 1-2 weeks. Sliced cabbage keeps 5-6 days. Rubbing cut surfaces with lemon juice will help prevent discoloration.



Recipe Collection

Cooked Cabbage

Serves 4

Ingredients:

- 1 sliced onion
- 1 teaspoon vegetable oil
- 1 pound sliced cabbage
- 1/8 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon caraway seeds

Instructions:

1. Heat oil in a large sauté pan.
2. Sauté onion over medium heat, until light brown. This will take about 5 to 6 minutes.
3. Add sliced cabbage, salt, black pepper, and caraway seeds.
4. Stir and cook for 30 minutes.
5. Serve immediately.

Nutrient Data

Serving Size for 1/2 cup: Calories 50, Total Fat 2g, Saturated Fat 0g, Cholesterol 0 mg, Sodium 170mg, Carbohydrate 9g, Dietary Fiber 3g, Protein 2g, Vitamin A 2%, Vitamin C 100%, Calcium 6%, Iron 4%

Cabbage



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This material was funded by PENNSYLVANIA NUTRITION EDUCATION TRACKS, a part of USDA's Food Stamp Program. To find out how the Food Stamp Program can help you buy healthy foods, contact the PA Department of Public Welfare's toll-free Helpline at 800-692-7462. This institution is an equal opportunity provider and employer.

What's So Great about Cabbage?

Nutrient-Rich

Cabbage is an excellent source of vitamin C and a good source of fiber. Cabbage is also a source of vitamin K, folate, and potassium. Like most vegetables, cabbage is low in calories, fat, and cholesterol.

Cancer Preventing

A cruciferous vegetable, cabbage contains natural chemical compounds that may be helpful in the prevention of certain types of cancer.

Always Available

Cabbage is inexpensive. Cabbage can be found year round fresh or canned.

Many Uses

Cabbage can be eaten raw in a salad or sandwich in place of lettuce. Cabbage can be eaten cooked as a side dish, or mixed with other foods as part of a main course.



Nutrition Information for 1 cup Cabbage

Nutrition Facts	
Serving Size 1 cup, chopped 89g (89g)	
Servings Per Container 1	
Amount Per Serving	
Calories 21	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 16mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A 3%	• Vitamin C 48%
Calcium 4%	• Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Key nutrient facts are circled in green.

Why is Vitamin K Important?

Vitamin K is a fat-soluble vitamin, which means it is absorbed best with dietary fat. Vitamin K is best known for its role in helping blood clot properly after an injury. Vitamin K is helpful in this situation because it is responsible for making clotting factors in the liver. Vitamin K also plays an important role in bone health.

Vitamin K is found in cabbage, cauliflower, spinach and other green leafy vegetables, cereals, soybeans, and other vegetables. Vitamin K is also made by the bacteria that line the gastrointestinal tract.

