Cauliflower is a cruciferous vegetable that is naturally high in fiber and B-vitamins.

* Its ingredients may help strengthen bones, boost the cardiovascular system, and prevent cancer.
* Tasty ways of eating cauliflower include cauliflower crust pizza and cauliflower and cheese soup.
* People who are using blood thinners should not suddenly start eating a lot of cauliflower because the high levels of vitamin K could react adversely with the drugs.

One cup of raw cauliflower will provide:

* 77 percent of daily vitamin C needs
* 20 percent of daily vitamin K needs
* 10 percent or more of daily needs for vitamin B 6 and folate