**Which of these is a cruciferous vegetable?**

- Broccoli

Broccoli is a member of the cabbage family of vegetables, often referred to as cruciferous, which is associated with anticancer benefits as well as reduced inflammation and higher immunity. Broccoli is also high in fiber, and a high-fiber diet can help keep blood pressure down and reduce heart-disease risk.

**Why is salmon good for you?**

-rich in vitamin D and omega-3 fatty acids, which will protect your heart.

**Which of these nuts has the highest antioxidant content?**

-Walnuts

**What beneficial chemical does dark chocolate contain?**

-flavonol

**Which of these grains is considered a complete protein?**

-quinoa