

Modified broccoli reduces LDL-cholesterol

A broccoli variety modified to have two to three times more of the naturally occurring compound glucoraphanin, which is linked to antioxidants and other health benefits, also reduces blood LDL-cholesterol levels by around 6 percent, according to results of human trials.

Glucoraphanin is thought to work by helping maintain cellular metabolism. Mitochondria, the energy factories of the cell, convert sugars and fats into energy, but if they aren't working efficiently, one response is to channel excess into cholesterol.

In two independent studies, researchers gave a total of 130 volunteers 400 g of the high glucoraphanin broccoli per week to include in their normal diet. After 12 weeks, they saw the levels of LDL-cholesterol in their blood drop by an average of about 6 percent. Elevated LDL cholesterol is a recognised risk factor for heart disease. Although the reduction seen in these trials is small, at a population level, a 1 percent reduction in LDL-cholesterol has been associated with a 1-2 percent reduction in risk of coronary artery disease.

Read full, original article: [Genetically Modified Broccoli With 3X Glucoraphanin Lowers Cholesterol](#)