

# VEGETABLES

It's no wonder that most of the 'superfoods' we talk about today are vegetables. Just by eating a variety of colourful vegetables and making sure you eat enough tasty fruits, you're helping reduce your risk of:

- Coronary heart disease
- Some forms of cancer
- Diabetes

The humble contents of your fruit and vegetables are powerful health-helpers. Remember it's better to eat your fruit and vegetables whole rather than juiced to give your digestive system the fibre it needs. Here's a bit more about some of those 'superfoods' and why they're so good for you:

## **TURNIPS/TURNIP GREENS**

Turnips are low calorie nutritious root vegetables and are a good source of vitamins, minerals, and antioxidants. They are one of the vitamin C rich vegetables which helps the body protect against harmful free radicals, inflammation, and helps boost immunity.

Turnip greens indeed are the storehouse of many vital nutrients such as vitamin A, vitamin C, carotenoid, vitamin K, and B-complex group of vitamins. The leafy greens are also rich source of minerals like magnesium, copper, calcium, sodium, potassium, iron, manganese, and phosphorus. Turnip greens are one of the finest sources of essential vitamins, minerals and anti-oxidants that can offer protection from vitamin A deficiency, bone weakness, iron deficiency (anemia), and believed to protect from cardiovascular diseases.

## **TOMATOES**

Like avocados, tomatoes are another fruit which is usually thought of as a vegetable. Their high vitamin C levels help to boost the body's immunity, and they also provide carotene and potassium. They get their red colour from a compound called lycopene, which is a powerful antioxidant.

## **BROCCOLI**

Getting some broccoli into your diet is a great way to give your body a boost from one of the most nutritious vegetables. It is rich in Vitamin C and also provides us with carotene, vitamin E and some of the B Vitamins.

## **SPINACH**

One of the leafy green vegetables; spinach is known as functional food because of its wholesome nutritional value and antioxidant content. It is packed with many phytonutrients that have health promotional and disease prevention properties. They are very low in calories and fats as 100g of raw leaves provide just 23 calories and contains good amount of soluble dietary fibers. They help in maintaining cholesterol levels and weight reduction. Spinach is a good source of iron, carotenoids, vitamin B,

vitamin K, omega 3 fatty acids and antioxidants such as vitamin A, C and flavonoids. Its leaves also contain a good amount of minerals like potassium, manganese, magnesium, copper and zinc. Regular consumption of spinach in the diet helps prevent weakness of bones and iron deficiency (anemia). Moreover, its soft leaves are believed to protect human body from cardiovascular problems.