



**HEALTH AND
NATURIENTS BENEIFTS
OF
VEGETABLES**

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Preface

I am indeed happy to place this book to the public.

The book contain the details of nutrients in vegetable and how it helpful to human being .It guide how best we can remain healthy by use of vegetables and keep away onself from illness .

Sombody told “money is lost something is lost but health is lost everything is lost” keeping this slogan in mind it is high time for everyone to be conscious about health and hence use plenty of vegetable in your regular diet and maintain your health .I strongly feel and hope that this book will certainly help to public to maintain the good health.

I express my sincerer thanks to Shri.Jagdish ajudia, Shri.Kamlesh Bhai Patel for providing me valuable support and guidance directly or indirectly in publication ,such valuable events before you....

Mr.Arpit bhai prajapati

-Prof. Sandeep Srivastav

Importance of Vegetables

1) Nutrition:

Vegetables are rich and comparatively cheaper source of **vitamins**. Consumption of these items provides taste, palatability, increases appetite and provides fiber for digestion and to prevent constipation. Their consumption in plenty fair amount of protein. They also play key role in neutralizing the acids produced during digestion of pretentious and fatty foods and also provide valuable roughages which help in movement of food in intestine.

Some of the vegetables are good sources of **carbohydrates** (leguminous vegetables, sweet potato, potato, onion, garlic and methi) **proteins** (peas, beans, leafy vegetables and garlic) **vitamin A** (carrot, tomato, drumstick, leafy vegetables), **Vitamin B** (peas, garlic and tomato), **Vitamin C** (green chillies, drumstick leaves, Cole crops, leafy vegetables and leaves of radish) **minerals** (leafy vegetables, drumstick pods). As per dietician, daily requirement of vegetables is 75 - 125 g of green leafy vegetables, 85 g of other vegetables and 85 g of roots and tubers with other food.

2) Importance as Food:

Food production is increasing. It is essential to sustain increased production besides nutritional standard of people. It can be increased by increasing production of vegetables which will help to solve food problem as yield of vegetable crops is 4 to 10 times more than cereals. Thus, vegetables play a vital role on food front as they are cheapest-sources of natural foods and can admirably supplement the main cereals of the country.

3) Importance to a grower:

Nature is providing us-with all kinds of vegetable crops that can be grown in different seasons of the year in region. Different kinds of vegetables

provide leaf, stem, flower, fruit or seed for consumption.' Considering vividness in the requirement of soil and season farmers can grow vegetable crops throughout the year for earning regular and steady income to meet the daily expenditure. There are vegetables of very short duration that can be grown as rained and intercrops in either agronomical crops or vegetable crops. There 'are vegetables which will improve soil and also provide fodder to cattles. Thus farmer has wide choice to select suitable crop to adjust in his cropping pattern in given situation. Climate and soil conditions of this region are conducive to grow different vegetables.

4) Employment:

Since cultivation of vegetable crops involve intensive cultural operations starting from sowing to marketing, it provides more and regular employment opportunities in rural areas.

5) Industrial importance:

The perishable nature of vegetables demand comprehensive planning for movement, Storage, processing and distribution of vegetable products. The growth of vegetable industry as a commercial proposition largely depends on mainly allied enterprises like storage, processing marketing and maintenance and service enterprises to encourage vegetable growing.

The value of vegetables as an important article of daily human diet has come to be recognized all over the world in recent years. We get many specific chemical substances needed by our body for growth, reproduction and for maintenance of health. Vegetables contribute vitally to the general well-being due to the following reasons:

1. They are rich sources of 'Protective' elements like minerals, salts, vitamins and other chemical substances, which the human body needs to maintain good health and cheer.
2. Per acre yield of vegetables is very high.
3. They are an important source of farm income.

4. They have high aesthetic value.

5. More vegetable crops can be raised in one year.

6. Importance of vegetables in farmer's economy.

7. Vegetables are important source of farm income:

a. Vegetables are sold at a higher rate than other crops. It provides regular as well as good source of income in addition to the income from the agronomic crops.

b. It provides regular work throughout the year to the farmers and his family labours.

c. Per acre yielded vegetables is very high: Vegetables give very high quantity of food per acre and they grow quickly. It is found that vegetables give higher yields in comparison to other crops.

d. More Vegetables can be raised in one year: Most vegetables are short duration crop and it as compared to other crops can be raised throughout the year Some of Vegetables (i.e. potato, brinjal, spinach, pumpkin, lady's finger etc.) can be grown twice and even three a year, some green vegetables become ready for harvesting within 15-60 days of sowing.

6) Importance of vegetables Production for medicinal properties:

Many of the vegetable crops possess high medical value for curing certain diseases. For instance, onion and garlic are found to possess antibacterial property (Sharma et. al. 1976). Many solanaceous and cucurbitaceous vegetables are found to possess Vitamin D.

Tomato Health benefits

Tomatoes are often considered a vegetable, though in actuality they are a citrus fruit. Tomatoes are an incredibly versatile food. They are delicious eaten raw, in salads or on sandwiches, and take on a wonderful sweetness when cooked. Their high acid content makes them a perfect food for canning. Tomatoes are such an important part of the American diet that it's hard to believe that they were once considered toxic. It wasn't until the mid 1800's that they became a staple food in the U.S.

One medium whole tomato contains around 22 calories, 0 grams of fat, 5 grams of carbohydrates, 1 gram of dietary fiber, 1 gram of protein and 6 milligrams of sodium. **It also provides 40 percent of the recommended daily allowance of vitamin C, 20 percent of the RDA of vitamin A, 2 percent of the RDA of iron, and 1 percent of the RDA of calcium.** Here are some of the health benefits of tomatoes.

1. Ward off Cancer

Numerous studies have concluded that the more tomatoes people eat the lower their risks of certain **cancers**, especially **lung, stomach and prostate cancers**. A substance called **lycopene**, which is responsible for **tomatoes red color**, is thought to be the reason for this **cancer protective effect**. Processed tomatoes contain even more lycopene than raw ones. The process of cooking breaks down the cell walls, helping to release the lycopene. Eating tomatoes with a little bit of fat, such as olive oil, helps lycopene to be better absorbed by the body.

2. Prevent DNA Damage

Tomatoes are high in important **antioxidants** such as **vitamin C and Vitamin A**. These **vitamins** work to **fend off DNA damage** from free radicals. Consequently, tomatoes may help to **ward off age related diseases** such as atherosclerosis and diabetes.

3. Reduce the Risk of Heart Disease.....

Tomatoes contain important **nutrients**, such as **niacin, folate and vitamin B6**, that have associated with the **reduction** of heart **disease risk**. One study found that women who ate 7 to 10 servings of tomato products per week had a 29 percent lower risk of cardiovascular disease than women who consumed less than a serving and a half of tomato products each week. Results were even more impressive when the women ate oil-rich tomato products.

4. Protect Against Thrombosis

Another study showed that drinking 8 ounces of tomato juice daily reduced platelet aggregation significantly, among study subjects. Those drinking a placebo showed no benefit. It's important to drink **low-sodium tomato juice** if you are trying to **protect against thrombosis** (blood clots in the blood vessel) , as high sodium levels can cause negative effects for this type of disease.

5. Ward off Inflammation

A double blind study found that drinking a glass of tomato juice a day can **reduce blood levels of TNF-alpha by 34 percent**. TNF-alpha causes inflammation. High levels have been found in individuals with most chronic, degenerative diseases such as heart disease, cancer, osteoporosis and Alzheimer's.

Tomato Nutritional facts

Factors	Nutrient Value	Percentage of RDA
Energy	18 Kcal	1%
Carbohydrates	3.9 g	3%
Protein	0.9 g	1.6%
Total Fat	0.2 g	0.7%
Cholesterol	0 mg	0%
Dietary Fiber	1.2 g	3%
Vitamins		
Folates	15 µg	4%
Niacin	0.594 mg	4%
Pyridoxine	0.080 mg	6%
Thiamin	0.037 mg	3%
Vitamin A	833 IU	28%
Vitamin C	13 mg	21.5%
Vitamin E	0.54 mg	4%
Vitamin K	7.9 µg	6.5%
Electrolytes		
Sodium	5 mg	>1%
Potassium	237 mg	5%
Minerals		
Calcium	10 mg	1%
Iron	0.3 mg	4%
Magnesium	11 mg	3%
Manganese	0.15 mg	6.5%
Phosphorus	24 mg	3%
Zinc	0.17 mg	1.5%
Phyto-nutrients		
Carotene-β	449 µg	--
Carotene-α	101 µg	--
Lutein-zeaxanthin	123 µg	--
Lycopene	2573 µg	--



Okra Health Benefits ...

Healthy advantages of Lady's Finger or Okra

- **Diabetes:** **Bhindi** helps to **fight** against **diabetes**. The **fiber** it contains assists to **stabilize blood sugar** level by delaying **sugar absorption** from the **intestines**.
- **Stops Anemia:** The **iron** content in okra **helps** the to **hemoglobin** in the body and **stops anemia**. **Vitamin K** assists in **body-fluid** coagulation.
- **Constipation:** Okra or lady finger's is one of the best vegetable sources of dietary fiber absolutely **vital** for the **digestive system**. Dietary fibers in okra help avert and ease constipation difficulty. The soluble **fiber** in okra absorbs **water and adds bulk** to the body therefore preventing **constipation**.
- **Weight decrease:** **The dietary fibers** contained in this vegetable are best for people who are in their **weight decrease diet programs**. Lady's finger comprises no calories, therefore are **good for weight loss**.
- **Colon Cancer:** By cleansing out the intestinal tract, Lady's Finger is able to advance colon **health by permitting the organ** to work at a higher rate of effectiveness and **decrease the risk of colon cancer**.
- **Heart Disease:** Soluble fiber in lady's finger or okra helps to smaller serum **cholesterol** and reducing the risk of **heart disease**. consuming okra is the effective command of the body's high cholesterol grade. Okra is furthermore high in **pectin** that **helps** in lowering high **body-fluid cholesterol** by changing the output of bile in the intestines.
- **Good for Immune system:** The high **Vitamin** content in Lady's finger helps **battle cold** and **hack** by advancing wholesome **immune system**. The **Vitamins** and **numerous** absolutely vital minerals like **magnesium, manganese, calcium** and **iron** in lady's finger fights against hurtful free radicals and **promotes total immune system**.
- **Hair Problems:** Okra or lady's finger can furthermore help convey your **hair** back to its original state, **free from dandruff**. **For bouncy hair, boil water**

with level cut okra, damage on chilling, compress half a lemon and use as a hair rinse. professionals say that it can even relieve of lice also.

- **Good for Eyesight:** **Vitamin A** and **beta carotene** discovered in okra's are absolutely **vital nutrients** for sustaining good **eyesight**. In supplement, these essential nutrients furthermore **help stops eye associated problems** such as cataracts. The Vitamin A promotes health of the eyes and defends against age associated eye disorders.
- **Fetus Development:** The high allowance of **folate** contained in the lady's finger or okra is beneficial for the **fetus during pregnancy**. Folate is an essential nutrient which advances the development of the fetus body. The high allowance of **folic acid** in lady's finger or okra performances a significant role in the neural tube **formation of the fetus** throughout fourth to **twelve weeks of pregnancy**.

OKRA NATURIENTS FACTS

Energy	111kcal
Protein	6.1g
Fat	3.6g
Carbohydrate	13.8g
Sodium	5 mg
Potassium	350 mg
Calcium	81 mg
Magnesium	40 mg
Phosphorus	99 mg
Iron	1.3 mg
Zinc	0.6 mg
Copper	0.14 mg
Vitamin E	0.7 mg
Vitamin K	8µg
Vitamin B1	0.11 mg



Vitamin B2	0.03 ㎍
Folic acid	14㎍
Cholesterol	0
Dietary fiber	11.5g
↖ per 100g ↗	

BITTER GOURD HEALTH BENEFIT

Bitter gourd is a popular vegetable in some Asian countries, where the health benefits of the plant are well-known—particularly, its ability to lower blood glucose in diabetics. Bitter gourd has been used to treat diabetes in traditional medicine and is now commercially available as tea (from fruits or leaves),

juice, extracts, and pills. Although these products promise health benefits, most of the manufacturers do not offer scientifically proven data on the effectiveness of bitter gourd or their products. However, in recent years researchers worldwide have started to focus on the antidiabetic effects of bitter gourd. The goal is to provide safe and clear preparation and dosage recommendations so that consumers will realize the greatest benefit from consuming fresh bitter gourd or bitter gourd products.

It is scientifically proven: bitter gourd lowers blood glucose levels!

Bitter gourd treatments of cell cultures or feeding trials with laboratory animals such as mice or rats show bitter gourd does have blood glucose lowering properties. Bitter gourd is not like most medicinal drugs, which are effective only in one target organ or tissue; rather, it **influences glucose metabolism all over the body.**

Bitter gourd lowers dietary carbohydrate digestion

The glucose metabolism starts in the gut. **Carbohydrates** and **sugars** are metabolized to glucose (one type of sugar) before **glucose** is **transported** from the **gut** to the **blood**. Bitter gourd reduces the amount of **glucose** that is **released** into the **blood** by **inhibiting** the **enzymes** that **break down disaccharides to two monosaccharides (e.g. glucose)** (Oishi et al. 2007, Kumar Shetty et al. 2005). **Bitter gourd** can influence the **transport channels for glucose**, which also reduces glucose transport into the blood (Singh et al. 2004). This effect is **important for the treatment of both Type I and Type II diabetic patients and helps to prevent high blood sugar levels after meals.**

Bitter gourd plant insulin discovered

The **pancreas reacts** to increasing blood sugar levels **by secreting insulin into the blood**. Insulin helps to transport the sugar from the blood to the **skeletal muscle** and **the fat tissue** where it is used to **produce energy**. **Insulin will also stop the liver to produce sugar from glycogen storages and to release the sugar into the blood.**

Thus, **insulin** is necessary to lower high **blood sugar levels**. In **Type I** diabetes, also called **insulin-dependent diabetes**, the pancreas does not produce or secrete enough insulin to keep blood sugar levels low. Bitter

gourd has been shown to be effective **in treating Type I diabetes in rats or mice by increasing pancreatic insulin secretion** (Yibchok-Anun et al. 2006, Fernandes et al. 2007). Additionally, scientists found an insulin-like molecule in bitter gourd (Khanna et al. 1981). Although bitter gourd may reduce the number of insulin injections required to manage Type 1 diabetes, it cannot replace insulin treatment completely or heal this form of the disease.

Bitter gourd reverses insulin resistance

Bitter gourd can play a role in the prevention **and treatment of Type II diabetes**, which is also called insulin-independent diabetes or **adult onset diabetes**. This form of the disease usually



who are overweight and inactive. In Type II diabetes, the liver, skeletal muscle, and fat tissues do not respond adequately to insulin—they are “**insulin resistant.**” Feeding trials with **insulin resistant or Type II diabetic rats and mice** have shown that **bitter gourd** helps to **prevent or reverse insulin resistance** (Nerurkar et al. 2008, Klomann et al. 2010). People with insulin resistance or those with a high risk of developing **Type II diabetes have a good chance to prevent and treat the disease without drugs** by increasing their physical activity and changing their diet.

Bitter gourd prevents diabetic complications

Chronically high sugar concentrations from Type I and Type II diabetes increase the risk of inflammation and oxidation in the whole body, leading

to blindness, diabetic feet, kidney disease, stroke, or heart attack. **Consuming bitter melon** can **help** prevent these **complications**, as it not only **decreases blood sugar levels**, but also has some **antioxidative** properties (Sathishsekar und Subramanian 2005, Klomann et al. 2010).

Bitter melon can protect the body from other non-communicable diseases

Being overweight is one of the most **important risk** factors for **diabetes and other diseases**, and Type II diabetes is often accompanied by **hypertension, high plasma cholesterol, or high plasma lipids**. Together, these conditions increase the risk of stroke or heart attack. For overweight Type II diabetic patients, **bitter melon** can help to **improve health**. **In mice and rats**, **bitter melon** has been shown **to reduce hypertension** (Singh et al. 2004), plasma cholesterol (Nerurkar et al. 2008), and plasma lipids (Nerurkar et al. 2008). Apart from this, bitter melon might be effective in cancer treatment.

More bitter melon does not help more. Please be careful!

Exclusive consumption of bitter melon, bitter melon juice, or other bitter melon products can lead to **dangerous hypoglycemia** when consumed by diabetic patients under **oral drug treatment**, in too high dosages, by children, or on a hungry stomach. Pregnant or breastfeeding woman should not consume bitter melon or bitter melon products. Although **bitter melon can help prevent insulin resistance or severe diabetic complications**, it is important to consider situations in which bitter melon may be harmful to your health.



BITTER MELON Nutrition Facts

Principle	Nutrient Value	Percentage of RDA
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Energy	17 Kcal	<1%
Carbohydrates	3.70 g	3%
Protein	1.00 g	2%
Total Fat	0.17 g	0.5%
Cholesterol	0 mg	0%
Dietary Fiber	2.80 g	7%
Vitamins		
Folates	72 µg	18%
Niacin	0.400 mg	2.5%
Pantothenic acid	0.212 mg	4%
Pyridoxine	0.043 mg	3%
Riboflavin	0.040 mg	3%
Thiamin	0.040 mg	3.5%
Vitamin A	471 IU	16%
Vitamin C	84 mg	140%
Electrolytes		
Sodium	5 mg	<1%
Potassium	296 mg	6%
Minerals		
Calcium	19 mg	2%
Copper	0.034 mg	4%
Iron	0.43 mg	5%
Magnesium	17 mg	4%
Manganese	0.089 mg	4%
Zinc	0.80 mg	7%
Phyto-nutrients		
Carotene-β	190 µg	--
Carotene-α	185 µg	



BOTTLE GOURD HEALTH BENEFIT

Bottle gourd is believed to **help the liver function** in a balanced fashion.

The juice from the leaves help cure jaundice and the juice from the gourd helps reduce **graying of hair**.

The gourd juice, helps **treat burning sensation** in the urinary passage if consumed with lime juice.

It reduces fatigue and keeps you fresh, especially during summer.

It helps fight constipation, as it is fiber rich. Because of its fiber and low fat content, Ayurveda highly recommends this food for **diabetic patients** and **young children**.



Ayurveda also recommends the juice of this gourd in the treatment of acidity, indigestion and ulcers as it serves as an alkaline mixture.

Indian traditional medicine claims that **bottle gourd** acts as a **nerve tonic** and can help improve **obsessive-compulsive disorder (OCD)**. This claim has been confirmed by a study published in the journal **Pharmacognosy Research** where the investigators found that the plant **possesses anti-compulsive (anti-OCD)** activity although they are not certain about the mechanism of action of this plant.

Bottle gourd is also considered one of the best **weight loss foods** since it is **96 percent water** and provides just **12 calories per 100g of serving**.

It is rich in, **thiamin, vitamin C, zinc, iron and magnesium** thus helping in improving overall health.

The juice from **bottle gourd leaf helps in curing baldness and aids** in preventing tooth decay.

So the good old “lauki”, though neglected the most, has both healing and cosmetic benefits that many people are unaware of. These easy growing climbers have made a great impact on the domestic gardening segment as well, due to its enormous health benefits.

BOTTLE GOURD Nutrition facts

Nutritional value BOTTLE GOURD (100 gm) as per Nutritive value of Indian foods

• • Moisture (g)	▪ : 96.1
• • Protein (g)	▪ : 0.2
• • Fat (g)	▪ : 0.1
• • Minerals (g)	▪ : 0.5
• • Crude Fiber (g)	▪ : 0.6
• • Carbohydrates (g)	▪ : 2.5
• • Energy (Kcal)	▪ : 12
• • Calcium(mg)	▪ :20
• • Phosphorus (mg)	▪ : 10
• • Iron (mg)	▪ : 0.46
• • Carotene (mcg)	▪ : 0
• • Thiamine (mg)	▪ : 0.03
• • Riboflavin (mg)	▪ : 0.01
• • Niacin (mg)	▪ : 0.2
• • Total B6 (mg)	▪ : 0
• • Folic Acid (free) (mcg)	▪ : 0
• • Folic Acid (Total) (mcg)	▪ : 0
• • Vitamin C (mg)	▪ : 0

Cowpea

Nutrient content of mature cowpea seed (average of eight varieties)

Nutrition Facts

Serving Size 1/4 cup
Servings per Container —

Amount Per Serving	
% Daily Value*	
Total Fat 0.5 g	1%
Saturated Fat 0.1 g	1%
Trans Fat —	
Cholesterol 0 mg	0%
Sodium 7 mg	0%
Potassium 464 mg	13%
Total Carbohydrate 25 g	8%
Dietary Fiber 4 g	18%
Sugars 3 g	
Protein 10 g	
Vitamin A	0%
Vitamin C	1%
Calcium	5%
Iron	19%
Copper	0%
Folic Acid	—
Iodine	—
Magnesium	19%
Niacin	4%
Phosphorus	18%

Riboflavin	6%
Thiamin	24%
Vitamin B12	—
Vitamin B6	7%
Vitamin D	—
Vitamin E	1%
Zinc	9%

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

Protein	24.8%
Fat	1.9%
Fiber	6.3%
Carbohydrate	63.6%
Thiamine	0.00074%
Riboflavin	0.00042%
Niacin	0.00281%



Cowpea is rich in potassium with good amount of **calcium, magnesium and phosphorus**. It also has small amount of **iron, sodium, zinc, copper, manganese**

Vitamin content of cowpea

Cowpea is **rich** in **vitamin A and C**. It has good amount of **thiamin, riboflavin, niacin, vitamin B6 and pantothenic acid**. It also has small amount of folate.

Calorie content of cowpea

100g of Cinnamon has 44 calories. Calories

Health benefits of cowpea

Cowpea tones the **spleen, stomach and pancreas**; it helps induce **urination** and **relieves** damp conditions like **leucorrhoea**.

The soluble **fiber** found in these beans have a low **glycemic** index and provide low risk for **diabetes**.

The **high fiber content** also plays an important role in **improving diabetes**.

They are rich in **lignans**, which may play a role in **preventing osteoporosis, heart disease, and certain cancers**.

The **flavonoids** in **beans** may help reduce **heart disease and cancer risk**.

Phytosterols present in the beans help reduce **blood cholesterol** levels.

They are low in fat and **sodium** and contain no **cholesterol**.

chillies....

Green chillies are famous for the intense bitterness and the amount of **heat** it **produces after consumption**. However, a series of studies claim that the addition of green chillies in foods provide a lot of health benefits.

Green **chillies** have high **Vitamin A and Vitamin C** content: The **fresh green** chili is rich in **Vitamin C**, while the dried version is rich in **Vitamin A**.

A good source of **Potassium** and **Iron**: **Green chillies** contain **Vitamins B and E** also, and is **low on calories** (due to very **low** amounts of **fat and cholesterol**)

The burn experienced by **eating chili helps digestion**: A chemical named **Capsaicin** and the seeds give green chili the heat, which helps in dissolving **blood clots and improve digestion**.

Green chili treats wrinkles, health of your heart: It burns a lot of calories, and decreases your appetite to some extent

Therefore, apart from just adding taste to the food, green chilies have a lot of health advantages. Therefore, the wisest thing is to feel the burn, and enjoy the benefits of green chilies, which can be enjoyed in different ways: fresh, canned, dried or pickled



Chillies have been **used** as a **medicinal plant** since pre-Colombian times. Today, chillies are one of the most widely used of all **natural remedies**. It is these reasons why the indigenous peoples of the Americas started to domesticate chillies all those years ago.

Chillies are excellent for your **imystem** because they are rich in both **vitamin A** (said to be the anti-infection vitamin) and **vitamin C**. Chilli peppers' **bright red colour** signals its high content of **beta-carotene or pro-vitamin A**. Vitamin A is essential for healthy mucous membranes, which line the **nasal passages, lungs, intestinal tract and urinary tract** and **serve as the body's first line of defence against invading pathogens**. Just two teaspoons of red chilli peppers provide about **6% of the daily value for vitamin C and more than 10% of the daily value for vitamin A**. The US Department of Agriculture's National Nutrient Database lists red capsicum as having 143.7mg of Vitamin C per 100g, while oranges contain only 45mg per 100g. Vitamin C is an anti-oxidant used by the body to soak up free radicals. **Chillies** also contain other anti-oxidants: **lutein** is found in red chillies, while **alpha-carotene** is found in **yellow and orange chillies** as well as **capsicums**. Other vitamins found in chillies include the **vitamin B group (mainly B6)** and **vitamin E**. They are also high in **potassium, magnesium and iron**.

Eating chillies can help with the as they clear congestion. Capsaicin's peppery heat stimulates secretions that help clear mucus from your stuffed up

Chili peppers (*Capsicum annum*), raw, Nutrient value per 100 g
(Source: USDA National Nutrient data base)

Principle	Nutrient Value	Percentage of RDA
Energy	40 Kcal	2%
Carbohydrates	8.81 g	7%
Protein	1.87 g	3%
Total Fat	0.44 g	2%
Cholesterol	0 mg	0%
Dietary Fiber	1.5 g	3%
Vitamins		
Folates	23 mcg	6%
Niacin	1.244 mg	8%
Pantothenic acid	0.201 mg	4%
Pyridoxine	0.506 mg	39%
Riboflavin	0.086 mg	6.5%
Thiamin	0.72 mg	6%
Vitamin A	952 IU	32%
Vitamin C	143.7 mg	240%
Vitamin E	0.69 mg	4.5%
Vitamin K	14 mcg	11.5%
Electrolytes		
Sodium	9 mg	0.5%
Potassium	322 mg	7%
Minerals		
Calcium	14 mg	1.5 %
Copper	0.129 mg	14%
Iron	1.03 mg	13%
Magnesium	23 mg	6%
Manganese	0.187 mg	8%
Phosphorus	43 mg	6%
Selenium	0.5 mcg	1%
Zinc	0.26 mg	2%
Phyto-nutrients		
Carotene-β	534 mcg	--
Carotene-α	36 mcg	--
Cryptoxanthin-β	40 mcg	--
Lutein-zeaxanthin	709 mcg	--

nose or congested lungs, so try adding Fire Dragon Chilli Xtra Hot or Deadly to your lemon and garlic hot toddy!

Chillies are great for das when you digest a meal which has chilli in it, your body doesn't need as much insulin to break down the food, as proved in a study published in July 2006 in the American Journal of Clinical Nutrition. Chillies **reduce** the amount of **insulin** the body needs to lower **blood sugar** levels after a meal by up to 60%. When chilli-containing meals are a regular part of the diet, insulin requirements drop even lower. Plus, **chilli's beneficial effects on insulin needs get even better as body mass index** (BMI, a measure of obesity) increases. In overweight people, not only do chilli-containing meals significantly lower the amount of insulin required to lower blood sugar levels after a meal, but chilli-containing meals also result in a lower ratio of **C-peptide/ insulin**, an indication that the rate at which the liver is clearing insulin has increased. It is the capsaicin, the **antioxidants**, and the **carotenoids** in the chillies which are thought to help improve insulin regulation. And finally, chillies have been shown to influence glucose levels, which also impact on diabetes.

Chillies have a wonderful impact on iovascular

Red chilli peppers, such as **cayenne**, have been shown **to reduce blood cholesterol, triglyceride levels, and platelet aggregation**, while increasing the body's ability to dissolve fibrin, a substance **integral to the formation of blood clots**. Spicing your meals with chilli peppers may also protect the fats in your blood **from damage by free radicals**—a first step in the development of **atherosclerosis**. In cultures where hot pepper is used liberally, the populations have a much lower rate of heart attack, stroke and pulmonary embolism. In 2006, a pilot study in Tasmania found people may sleep better if they eat chillies regularly and as quality of sleep is important for cardiovascular health, this is also good news. It must also be great news to the millions of and frequent flyers around the world!

Due possibly to the high level of **anti-oxidants found in chillies**, they have also been proven to help **fight boand proste cancer**. A study printed in "**Cancer Research**" magazine in March 2006 claims capsaicin pepper extract actually causes human prostate cancer cells to undergo cell death.

Chilli peppers have a bad—and mistaken—reputation for contributing to stomach ulcers. Not only do they not cause ulcers, they can help prevent them by killing bacteria you may have ingested, while stimulating the cells lining the stomach to secrete protective buffering juices.

Chillies can be used as **natural pain killers**, and **topical capsaicin is now a recognized treatment option for osteoarthritis pain**. Reviews of recent studies of pain management for diabetic neuropathy have also listed capsaicin as being helpful with the full-on pain associated with this condition. Similarly, pain associated with psoriasis has also been shown to be abated with regular capsaicin consumption. Pain relief occurs because the **chilli stimulates the release of endorphins**. That burning sensation you get when you eat **chillies** is what is triggering the release of these famous **feel-good chemical neurotransmitters in our brains**. After the pain of the heat, you get what is generally described as an improved sense of well being. For a bigger endorphin rush, the hotter the chilli, the better! The chilli is often described as addictive, but this is not entirely true since no deep cravings develop and they do not induce a chemical dependency. However, over time your tolerance will increase and you need hotter and hotter chillies to get the same effect.

Chillies are also good for all that heat you feel after **eating hot chilli peppers takes energy—and calories to produce**. Even sweet red peppers have been found to contain substances that **significantly increase thermogenesis** (heat production) and **oxygen consumption** for more than 20 minutes after they are eaten.

Chilli peppers are also good for as the **capsaicin is a potent inhibitor of substance P, a neuropeptide** associated with **inflammatory processes**.

Finally, **cigarette smoke contains benzopyrene which destroys the vitamin A in the body**. The vitamin A present in **chilli reduces inflammation of lungs and emphysema caused due to cigarette smoking**. **So all smokers should get some Fire Dragon Xtra Hot or Deadly Chilli Sauce today**. They're packed with organically grown chillies all grown in Aotearoa blended with all local ingredients and they all have BITE!

Onion: Health benefit& nutrition factor

Never mind the tears they bring on—onions are an ace ally in your fight against disease. A prized member of the lily family, they lavish you with health benefits while adding oodles of taste to your food.

A quick glimpse at their incredible health benefits:

- The **phytochemicals** in **onions** improve the working of **Vitamin C** in the body, thus gifting you with **improved immunity**.
- **Onions** contain **chromium**, which assists in **regulating blood sugar**.
- For centuries, onions have been used to reduce **inflammation and heal infections**.
- Do you enjoy sliced onions with your food? If yes, rejoice! Raw onion encourages the production of good cholesterol (HDL), thus keeping your heart healthy.



- A powerful compound called **quercetin** in onions is known to play a significant role in **preventing cancer**.
- Got bitten by a honeybee? Apply onion juice on the area for immediate relief from the pain and burning sensation.
- **Onions** scavenge free radicals, thereby **reducing** your risk of developing **gastric ulcers**.

Onion	Nutrition	Serving Size	1 cup	Percent Daily Values*
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Facts	(160g)	
Calories	64	3%
Total Carbohydrate	14.9 g	5%
Total Fat	0	0%
Cholesterol	0	0%
Dietary Fiber	2.7 g	11%
Sugars	6.8 g	
Protein	4.9 g	
Vitamins		
Vitamin A	3.2 IU	0%
Vitamin C	11.8 mg	20%
Vitamin B6	0.2 mg	10%
Folate	30.4 mcg	8%
Minerals		
Calcium	36.8 mg	4%
Iron	.3 mg	2%
Magnesium	16 mg	4%
Phosphorus	46.4 mg	5%
Potassium	234 mg	7%
Sodium	6.4	0%
Zinc	.2mcg	1%
Copper	0.1 mg	3%
Manganese	0.2 mg	10%
Selenium	0.8 mcg	1%
Fluoride	1.8 mcg	
Other		
Alcohol	0.0 g	
Water	143 g	
Ash	0.6 g	

Caffeine	0.0 mg	
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- Those bright green tops of **green onions** are **rich** in **Vitamin A**, so do use them often.

My favorite way to enjoy onions is to slice them really thin, squeeze some lemon juice on top and add a little salt. Sprinkling a few freshly washed cilantro leaves adds fragrance and flavor to this simple, quick salad, without which no dinner of mine is complete

Water melon : Health benefit

Removes thirst, high nutritional value , is a summer fruit, sweet taste, take the form of spherical or cylindrical, with color a green light or dark , containing red pulp dotted with black seeds. It watermelon red.

Every 100 grams of watermelon contains 30 calories, one g fiber, food, ten g sugar, one g protein, **free fat and cholesterol**, contains **vitamins** such as **A, C, E, D, niacin, thiamine, B6, B12, acid Pantothenic**. Also contains

minerals such as iron, calcium, magnesium, manganese, potassium, phosphorus, zinc, fluoride, selenium. Free sodium. in addition to its nutritional value has lit the other health benefits, including:

1. Heart

To **maintain a healthy heart** needs to follow a **diet lows in fat, cholesterol, and rich in antioxidants such as (lycopene)**, which works to fight free radical compounds. Thereby **protecting** the **vessels** and **arteries** from **hardening**.

And **watermelon** red **rich** in **antioxidants, citrulline** compound. Which helps to **maintain** good **levels** of **histidine-arginine**. Necessary for the production of **nitric oxide**. Which plays an important role in maintaining the elasticity of the arteries and blood vessels by helping to curb the interactions of **oxidative stress**.

2. Cancer

, Watermelon is rich in **antioxidants** such as **lycopene** which contains twice the amount found in tomatoes. Watermelon also contains **vitamin C, A**. These compounds play an active role in the **fight several cancers** such as **breast cancer, prostate cancer, uterine cancer, lung cancer, colorectal cancer by protecting cells from free radicals damage to vehicles**. Chinese study showed in 2009 that the compounds found in watermelon, working to **increase the programmed death in breast cancer cells**.

3. Sexual activity

Natural Viagra by this name describes the researchers watermelon red, because it is a rich source of **amino acid citrulline**, which works to farther **expand** the **blood vessels**, thus allowing the passage of more blood vessels to the penis leading to erection. Dr. Patel from the University of Texas turns

acid citrulline to acid arginine. This is a precursor for the **production of nitric oxide, which helps to aneurysm.**

4. Infections

Melons plays an important role in the **treatment of many infections in the body**, including inflammation of the joints. This is due to the role of vitamins contained in watermelon.

5. Kidney

Melons plays the role of **detergent** to the **kidneys** of salt **deposits of limestone as a result of watermelon contain potassium**, which complete the task of removing **salts, potassium is also working to reduce the concentration of uric acid in the blood.** Thus reducing the chance of **forming kidney stones.** Watermelon is also working as a diuretic result because it contains a large amount of water.



6. High blood pressure

Potassium and manganese are working on **blood pressure regulation**, as well as **antioxidants** work to maintain the **health of blood vessels against sclerosis**, which helps to ease the movement of the passage of blood vessels, thus **reducing the high blood pressure.**

Other benefits

- Moderation, eating watermelon helps in reducing weight as 100 g each gives 30 calories .
- Moderation, eating watermelon helps to regulate blood sugar level to lower sugars, potassium and magnesium are working is working to help the body to insulin secretion.
- Watermelon good for eye health because it contains a good amount of vitamin.

Water melon nutrition factor

Nutritive Value per 100 g,		
Principle	Nutrient Value	Percentage of RDA
Energy	30 Kcal	1.5%
Carbohydrates	7.6 g	6%
Protein	0.6 g	1%
Total Fat	0.15 g	0.5%
Cholesterol	0 mg	0%
Dietary Fiber	0.4 g	1%
Vitamins		
Folates	3 µg	1%
Niacin	0.178 mg	1%
Pantothenic acid	0.221 mg	4.5%
Pyridoxine	0.045 mg	3.5%
Thiamin	0.033 mg	3%
Vitamin A	569 IU	19%

Vitamin C	8.1 mg	13.5%
Vitamin E	0.05 mg	0.5%
Electrolytes		
Sodium	1 mg	0%
Potassium	112 mg	2.5%
Minerals		
Calcium	7 mg	0.7%
Copper	42 µg	4.5%
Iron	0.24 mg	3%
Magnesium	10 mg	2.5%
Manganese	0.038 mg	1.5%
Zinc	0.10 mg	1%
Phyto-nutrients		
Carotene-β	303 µg	--
Crypto-xanthin-β	78 µg	--
Lutein-zeaxanthin	8 µg	--
Lycopene	4532 µg	--

Coriander Health Benefits

1. Lowering high cholesterol levels

A variety of acid compounds contained in coriander, **linoleic acid, oleic acid, palmitic acid, stearic acid and ascorbic acid** are known to be effective

in **lowering cholesterol levels in the blood**. In addition, these compounds are also known to reduce cholesterol deposits in the arteries and veins.

2. Overcoming Anemia

The content of **iron** in the coriander can help in overcoming **anemia**.

3. Helps the digestive system

The essential **oil content** varies in **coriander** can assist in the secretion of **enzymes and digestive fluids in the stomach**. In addition, it can also stimulate the digestive process by increasing peristaltic movements in the digestive tract. The essential **oils** in coriander also helps in overcoming **anorexia**.



4. Overcoming swelling due to arthritis

The content of cineole, which is one of 11 components of essential oils, and linoleic acid contained in the coriander has **antirheumatic properties** and **anti-arthritis**, the two properties are the reason that coriander can be used to treat swelling caused by **rheumatism and arthritis**.

5. Overcoming Diarrhea

Component **borneol** and **linalool** in coriander help the **digestive process** and improve **liver function** and the binding process faecal mass in the **intestine**, it **helps** in overcoming **diarrhea**. Besides through these mechanisms, components such as cineol in coriander, **borneol**, **limonene**, **alpha-pinene**

and beta-phelandrene has antibacterial activity so efficacious in overcoming diarrhea caused by bacteria

6. Menstrual disorders

Coriander naturally **stimulates** the secretion of **hormones** and helps order of the **endocrine glands**, making it useful in maintaining order and reducing menstrual pain that may arise.

7. Eyecare

The content of **antioxidants, vitamin A, vitamin C and minerals** like phosphorus in the essential oils coriander efficacious in maintaining the **youthfulness of the eye**, keep the eye from **mascular degeneration and soothe the eye against stress caused by fatigue**. In addition, the content of antimicrobials in coriander is also beneficial in helping to overcome conjunctivitis.

8. Overcoming skin disease

Coriander is also efficacious in dealing with **eczema, dry skin and fungal infection of the skin**.

9. Reduce high blood sugar levels

Stimulatory effects of cumin, coriander contained in, the **endocrine gland increases the secretion of insulin from the pancreas**. This course will assist in converting sugars into glycogen and eventually high blood sugar levels can go down to normal levels. The efficacy is very **beneficial** for people with **diabetes**.

10. Coriander other benefits

To treat inflammation or inflammation, spasm, expectorant, protects the liver, anticarcinogenic, anticonvulsants, antihistamines, and hypnotics. Furthermore, coriander is also believed to act as a natural **afrodisiaka** when combined with other herbaceous plants.

Coriander Nutrition Value Coriander seeds (Coriander sativum),

Nutritional value per 100 g.

Principle	Nutrient Value	Percentage of RDA
Energy	298 Kcal	15%
Carbohydrates	54.99 g	42%
Protein	12.37 g	22%
Total Fat	17.77 g	60%
Cholesterol	0 mg	0%
Dietary Fiber	41.9 g	110%
Vitamins		
Folates	1 µg	<1%
Niacin	2.130 mg	13%
Riboflavin	0.290 mg	22%
Thiamin	0.239 mg	20%
Vitamin A	0 IU	0%
Vitamin C	21 mg	35%

Electrolytes		
Sodium	35 mg	2%
Potassium	1267 mg	27%
Minerals		
Calcium	709 mg	71%
Copper	0.975 mg	108%
Iron	16.32 mg	204%
Magnesium	330 mg	83%
Manganese	1.900 mg	82%
Phosphorus	409 mg	39%
Zinc	4.70 mg	43%

Brinjal/Eggplant: Health Benefits

Helps keeping diabetes in control:

The **eggplants** are a very rich source of **fibre** and low soluble **carbohydrates**. Thus they are highly beneficial for regulation of **blood sugar levels and also to control the absorption of glucose**. This makes them the best option for people suffering from type **2 diabetes**.

Helpful to the heart:

The **cholesterol** levels are brought down to a great extent by the eggplant. It also **helps stabilize** the level of **blood pressure**. All this in turn lowers the risk of **heart diseases**. The body is also kept well **hydrated** thanks to the **potassium** content present in this **vegetable**. This ensures that there is no retention of **fluids** which prevents coronary **heart diseases**.

Helpful to the brain:

Eggplant contains **Phytonutrients** which keep the cell membranes **protected** from any kind of **damage and facilitates** the message transfer from one part to another, thus preserving the memory function.



Helps create iron in the human body:

We all require **iron** for proper functioning in our day to day life. However, **too much of iron in the body is not a good sign**. The content of nasunin that is present in **eggplant helps remove excess iron from the body**. This brings down the risk of **getting heart attacks as it damages the existence of the free radicals in one's system**.

Facilitates weight loss:

Eggplant is considered to be high in **water** content yet **low in calorie count**. This feature makes it very ideal as a healthy diet for people who want to **reduce weight**. The spongy texture of the vegetable is what facilitates these characteristics, hence one must consume in its natural form as much as possible.

Helps in digestion:

The **digestive system** is kept healthy and safe because of the good content of **fibre in brinjals**. This prevents constipation as well. The risk of **colon cancer** is also eliminated.

Healthy skin and hair:

The skin is well **hydrated** owing to the high water content an eggplant has. It is also good for the hair.

Keeps chronic diseases at bay:

Eggplant reduces the chance of **cardio vascular diseases and strokes**

Helps quit smoking:

Eggplant has small amount of **nicotine** which helps those who want to **gradually quit smoking**

Anti bacterial properties:

The **eggplant** has good amounts of **vitamin C** which make it an effective **anti-viral and anti- bacterial source**.

Brinjal Nutritional Facts

Nutritional value of 82 grams of Brinjal

• Carbohydrates	4.7 g
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• Protein	828 mg
• Total Fats	156 mg
• Dietary Fiber	2.8 g
• Calories	20
• Vitamin	
• Vitamin A	22 IU
• Vitamin C	1.8 mg
• Vitamin E	246 mcg
• Vitamin K	2.9 mcg
• Thiamin	32 mcg
• Riboflavin	30 mcg
• Niacin	532 mcg
• Vitamin B6	69 mcg
• Folate	18 mcg
• Pantothenic Acid	230 mcg
• Choline -	5.7 mg
• Minerals	
• Calcium	7.4 mg
• Iron	197 mcg
• Magnesium	11 mg

○ Phosphorus	21 mg
○ Potassium	189 mg
○ Sodium	1.6 mg
○ Zinc	131 mcg
○ Copper	67 mcg
○ Manganese	205 mcg
○ Selenium	0.25 mcg

CUCUMBER

(NaturalNews) Cucumbers are the fourth most cultivated vegetable in the world and known to be one of the best foods for your body's overall health, often referred to as a superfood. Cucumbers are often sprayed with pesticides so it is important to buy organic or even better, grow them yourself.

Here are 10 Benefits of cucumbers:

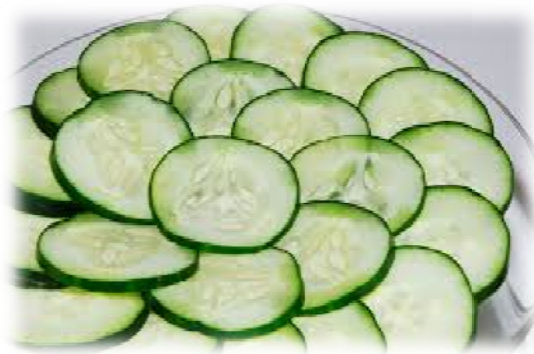
1. **Quick pick me-up** - Cucumbers are a good source of **B vitamins**. Put down your sodas and coffee and eat a cucumber slice.

2. **Rehydrates body and replenishes daily vitamins** - Cucumbers are 95 **percent water**, keeping the **body hydrated while helping the body eliminate toxins**. Cucumbers have most of the **vitamins the body needs in a single day**. Don't forget to **leave the skin** on because the **skin** contains a good amount of **vitamin C**, about 10 percent of the daily-recommended allowance.

3. **Skin and hair care** - If you don't like to eat the skin, it can be used for skin irritations and sunburns as aloe would be used. Place a slice over **puffy eyes** and its **anti-inflammatory properties help reduce puffiness**. The **silicon and sulfur in cucumbers help to stimulate hair growth**.



4. **Fight cancers** - Cucumbers are known to contain **lariciresinol, pinoresinol, and secoisolariciresinol**. These three **lignans** have a strong history of research in connection with reduced risk of several **cancer types, including breast cancer, ovarian cancer, uterine cancer and prostate cancer**.



5. **Home care** - Eliminates a foggy mirror. Before taking a shower, rub a cucumber slice along a mirror and it will eliminate the mirror fogging up. Instead of WD40, take a cucumber slice and rub it along a squeaky hinge and your door will stop squeaking.

6. **Relieves bad breath** - Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds, the **phytochemicals will kill the bacteria in your mouth responsible for causing bad breath**.

7. **Hangover cure** - To avoid a morning **hangover or headache**; eat a few cucumber slices before going to bed. **Cucumbers contain enough sugar, B vitamins and electrolytes to replenish many essential nutrients, reducing the intensity of both hangover and headache**.



8. **Aids in weight loss and digestion** - Due to its low calorie and high **water content**, **cucumber is an ideal diet for people who are looking for weight loss**. The high **water content and dietary fiber in cucumbers are very effective in ridding the body of toxins from the digestive system, aiding digestion**. Daily consumption of cucumbers can be regarded as a remedy for chronic constipation.

9. **Cures diabetes, reduces cholesterol and controls blood pressure** - **Cucumber juice contains a hormone which is needed by the cells of the pancreas for producing insulin which has been found to be beneficial to diabetic patients**. Researchers found that a compound called sterols in cucumbers may help reduce cholesterol levels. **Cucumbers contain a lot of potassium, magnesium and fiber. These work effectively for regulating blood pressure**. This makes cucumbers good for **treating both low blood pressure and high blood pressure**.

10. **Promotes joint [health](#), relieves gout and arthritis pain** -Cucumber is an excellent source of silica, which is known to help promotes joint health by strengthening the connective tissues. **They are also rich in vitamin A, B1, B6, C & D, Folate, Calcium, Magnesium, and Potassium**. When mixed with carrot juice, they can relieve gout and arthritis pain by lowering the uric acid levels

Nutritional Value & Calories In Cucumber

Amount: 1 cup

Total Weight: 133 g

Nutrients	Amount
Basic Components	
Proteins	825 mg
Water	126 g
Ash	0.5 g

Phytosterols	19 mg
Calories	
Total Calories	18
Calories From Carbohydrate	17
Calories From Fat	1.2
Calories From Protein	2.1
Carbohydrates	
Total Carbohydrates	3.9 g
Dietary Fiber	798 mg
Starch	605 mg
Sugar	2 g
Fats & Fatty Acids	
Total Fat	180 mg
Saturated Fat	33 mg
Monounsaturated Fat	4.7 mg
Polyunsaturated Fat	23 mg
Omega-3 Fatty Acids	4.7 mg
Omega-6 Fatty Acids	20 mg
Vitamins	
Vitamin A	118 IU
Vitamin C	4 mg
Vitamin E	40 mcg
Vitamin K	16 mcg
Thiamin	39 mcg
Riboflavin	39 mcg
Niacin	90 mg
Vitamin B6	61 mcg
Folate	14 mcg
Pantothenic Acid	332 mcg
Choline	8 mg
Betaine	0.13 mg
Minerals	
Calcium	20 mg
Iron	333 mcg
Magnesium	17 mg

Phosphorus	30 mg
Potassium	188 mg
Sodium	2.7 mg
Zinc	246 mcg
Copper	74 mcg
Manganese	101 mcg
Selenium	0.27 mcg
Fluoride	1.7 mcg

Carrots nutrition facts

Naturally sweet, delicious and crunchy, carrots are healthy additions you can make to the vegetable list in your diet. Indeed, **these root vegetables come with wholesome health benefiting compounds such as beta-carotenes, vitamin A, minerals and anti-oxidants in ample amounts.**

Botanically these taproots belong to the *Apiaceae* or umbelliferous family of the genus; *Daucus* and known scientifically as ***Daucus carota***. The other close Apiaceae members include parsnips, parsley, dill, cumin, etc.

Carrot plant is cultivated across the world for its prized taproot. The plant is biennial and bears flowers during second year of life. However, in general, the whole plant is harvested prematurely when the root reaches about an inch in diameter, tender and juicy.



Asian (oriental) variety.
Note for Saffron red color and tail like tapering lower ends.

Carrots vary widely in color and shape depending on the cultivar types. Generally, oriental taproots are long, flat upper ends with tapering, tail like, lower ends. They are winter season crops in many parts of Asia. European carrots, on the other hand, have more rounded ends with almost cylindrical body. In addition, European-variety feature bright orange color in contrast to saffron colored Asian cultivars.

Health benefits of carrots

- **Sweet and succulent carrots are notably rich in anti-oxidants, vitamins and dietary fiber**; however, they provide only 41 calories per 100 g, negligible amount of **fat and no cholesterol**.
- They are exceptionally rich source of **carotenes and vitamin-A**. 100 g fresh carrot contains 8285 µg of [beta-carotene](#) and 16706 IU of vitamin A. **Studies have found that flavonoid compounds in carrots help protect from skin, lung and oral cavity cancers**.
- Carotenes are converted into vitamin A in the liver. **Beta-carotene is the major carotene that is present in these roots**. Beta carotene is one of the powerful natural **anti-oxidant helps protect body from harmful oxygen-free radical injury**. In addition, it also has all the functions of vitamin A such as vision, reproduction (sperm production), maintenance of epithelial integrity, growth and development.
- Carrots are rich in **poly-acetylene antioxidant falcarinol**. Research study conducted by scientists at University of Newcastle on laboratory animals has found that *falcarinol* in carrots may help fight against cancers by destroying pre-cancerous cells in the tumors.
- Fresh roots are also good in vitamin C; provide about 9% of RDA. Vitamin C is water soluble anti-oxidant. It helps the body maintain healthy connective tissue, teeth and gum. **Its anti-oxidant property helps the body protect from diseases and cancers by scavenging harmful free radicals**.
- **In addition, this root vegetable is especially rich in many B-complex groups of vitamins such as folic acid, vitamin B-6 (pyridoxine), thiamin, pantothenic acid, etc.**, that acts as co-factors to enzymes during substrate metabolism in the body.
- Further, They also compose healthy levels of minerals like copper, calcium, potassium, manganese and phosphorus. **Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure by countering effects of sodium**. **Manganese is used by the body as a co-factor for the antioxidant enzyme, superoxide dismutase**.

See the table below for in depth analysis of nutrients:

Carrots (*Daucus carota*), Fresh, raw,
Nutrition value per 100 g. Total-ORAC value 666 umol TE/100 g.
(Source: USDA National Nutrient data base)

Principle	Nutrient Value	Percentage of RDA
Energy	41 Kcal	2%
Carbohydrates	9.58 g	7%
Protein	0.93 g	1.5%
Total Fat	0.24 g	1%

Cholesterol	0 mg	0%
Dietary Fiber	2.8 g	7%
Vitamins		
Folates	19 µg	5%
Niacin	0.983 mg	6%
Pantothenic acid	0.273 mg	5.5%
Pyridoxine	0.138 mg	10%
Riboflavin	0.058 mg	4%
Thiamin	0.066 mg	6%
Vitamin A	16706 IU	557%
Vitamin C	5.9 mg	10%
Vitamin K	13.2 µg	11%
Electrolytes		
Sodium	69 mg	4.5%
Potassium	320 mg	6.5%
Minerals		
Calcium	33 mg	3%
Copper	0.045 mg	5%
Iron	0.30 mg	4%
Magnesium	12 mg	3%
Manganese	0.143 mg	6%
Phosphorus	35 mg	5%
Selenium	0.1 µg	<1%
Zinc	0.24 mg	2%
Phyto-nutrients		
Carotene-α	3427 µg	--
Carotene-β	8285 µg	--
Crypto-xanthin-β	0 µg	--
Lutein-zeaxanthin	256 µg	--

Radish nutrition facts

Radish is one of the nutritious root vegetables featured in both salads as well as in main recipes. This widely used root vegetable belongs to the family of Brassica. In China, it along with [cabbage](#) and soybean curd (tofu), is believed as healthy food. A popular Chinese proverb goes like this, "Eating pungent radish and drinking hot tea, let the starved doctors beg on their knees."

They are thought to be originated from the mainland China centuries ago but now cultivated and consumed throughout the world. Botanically the veggie is named as **Raphanus sativus**.

Radishes come in different forms varying in size, color and duration of required cultivation time. They can be broadly categorized into four main types- summers, fall, winter, and spring while growers classify them by shapes, colors, and sizes, such as black or white colored, with round or elongated roots. Their biting pungent flavor comes from "isothiocyanate" compound in them, which ranges from mild in case of white-icicles to be very hot in red globe and other pigmented radishes. The top greens are also eaten as leafy-vegetables in some parts of the world.

Health benefits of radish

- Since ancient times, Chinese believe that eating radish and other brassica group vegetables such as cabbage, cauliflower, and napa would immensely benefit overall health.
- **They are are one of very low calorie root vegetables.** Fresh root provides just 16 calories per 100 g., nonetheless; they are a very good source of **anti-oxidants, electrolytes, minerals, vitamins and dietary fiber.**
- Radish, like other **cruciferous and Brassica family vegetables**, contains *isothiocyanate* anti-oxidant compound called **sulforaphane**. Studies suggest that sulforaphane has proven role against prostate, breast, colon and ovarian cancers by virtue of its cancer-cell growth inhibition, and cyto-toxic effects on cancer cells.
- Fresh roots are rich in vitamin C; provide about 15 mg or 25% of DRI of vitamin C per 100 g. Vitamin C is a powerful water soluble anti-oxidant required by the body for synthesis of collagen. Vitamin C helps the body scavenge harmful free radicals, prevention from cancers, inflammation and help boost immunity.
- **In addition, they contain adequate levels of folates, vitamin B-6, riboflavin, thiamin and minerals such as iron, magnesium, copper and calcium.**
- Further, they contain many phytochemicals like *indoles* which are detoxifying agents and zeaxanthin, lutein and beta carotene, which are flavonoid antioxidants. Their total antioxidant strength, measured in terms of oxygen radical absorbance capacity (**ORAC value**), is 1736 $\mu\text{mol TE}/100\text{ g}$.

See the table below for in depth analysis of nutrients:

Radish (*Raphanus sativus*), Fresh, raw,
 Nutrition Value per 100 g,
 (Source: USDA National Nutrient data base)

Principle	Nutrient Value	Percentage of RDA
Energy	16 Kcal	1%
Carbohydrates	3.40 g	3%
Protein	0.68 g	1%
Total Fat	0.10 g	<1%
Cholesterol	0 mg	0%
Dietary Fiber	1.6 g	4%
Vitamins		
Folates	25 µg	6%
Niacin	0.254 mg	1.5%
Pyridoxine	0.071 mg	5.5%
Riboflavin	0.039 mg	3%
Vitamin A	7 IU	<1%
Vitamin C	14.8 mg	25%
Vitamin E	0 mg	9%
Vitamin K	1.3 µg	1%
Electrolytes		
Sodium	39 mg	2.5%
Potassium	233 mg	5%
Minerals		
Calcium	25 mg	2.5%
Copper	0.050 mg	5%
Iron	0.34 mg	4%
Magnesium	10 mg	2.5%
Manganese	0.069 mg	2.5%
Zinc	0.28 mg	2%
Phyto-nutrients		
Carotene-β	4 µg	--
Carotene-α	0 µg	--
Lutein-zeaxanthin	10 µg	--

Beets nutrition facts

Beets are highly nutritious and “cardiovascular health” friendly root vegetables. Certain unique pigment antioxidants in the root as well as in its top greens have found to offer protection against coronary artery disease and stroke; lower cholesterol levels within the body, and have anti-aging effects.

Botanically, the tuberous root vegetable belongs in the *Amaranthaceae* family, in the *beta* genus. Its scientific name is **Beta vulgaris**. [Swiss chard](#) is another member in the *beta* genus grown for its edible leaves.

Health benefits of beets

- Garden beet is very low in calories (provide only 45 kcal/100 g), and contain zero cholesterol and small amount of fat. Its nutrition benefits come particularly from fiber, vitamins, minerals, and unique plant derived anti-oxidants.
- **The root is rich source of phytochemical compound, glycine betaine.** Betaine has the property of lowering *homocysteine* levels within the blood. **Homocysteine, one of highly toxic metabolite, promotes platelet clot as well as atherosclerotic-plaque formation, which, otherwise, can be harmful to blood vessels.** High levels of *homocysteine* in the blood result in the development of coronary heart disease (CHD), stroke and peripheral vascular diseases.
- Raw beets are an excellent source of **folates**. It contains about 109 µg/100 g of this vitamin (**Provides 27% of RDA**). However, extensive cooking may significantly deplete its level in food. **Folates are necessary for DNA synthesis within the cells. When given during peri-conception period folates can prevent neural tube defects in the baby.**
- Fresh tubers contain small amounts of **vitamin-C**; however, its top greens are rather excellent sources of this vitamin. 100 g of beet greens provide 30 mg or 50% of RDA. Vitamin C is one of the powerful natural antioxidants, which helps the human body scavenge deleterious free radicals one of the reasons for cancer development.
- Additionally, the top greens are an excellent source of carotenoids, flavonoid antioxidants, and vitamin A; contain these compounds several times more than that of in the roots. Vitamin A is required maintaining healthy mucus membranes and skin and is essential for vision. Consumption of natural vegetables rich in flavonoids helps to protect from lung and oral cavity cancers.
- **The root is also rich source of B-complex vitamins such as niacin (B-3), pantothenic acid (B-5), pyridoxine (B-6) and minerals such as iron, manganese, copper, and magnesium.**
- Further, the root indeed has very good levels of potassium. 100 g fresh root has 325 mg of potassium or 7% of daily requirements. Potassium lowers heart rate and regulates metabolism inside the cells by countering detrimental effects of sodium.

See the table below for in depth analysis of nutrients:

Beets (Beta vulgaris), fresh, raw,
Nutrition value per 100 g
(Source: USDA National Nutrient data base)

Principle	Nutrient value	Percentage of RDA
Energy	43 cal	2%
Carbohydrates	9.56 g	7%
Protein	1.61 g	1%
Total Fat	0.17 g	0.5%
Cholesterol	0 mg	0%
Dietary Fiber	2.80 g	7%
Vitamins		
Folates	109 µg	27%
Niacin	0.334 mg	2%
Pantothenic acid	0.155 mg	3%
Pyridoxine	0.067 mg	5%
Riboflavin	0.057 mg	4%
Thiamin	0.031 mg	2.5%
Vitamin A	33 IU	1%
Vitamin C	4.9 mg	8%
Vitamin E	0.04 mg	0.5%
Vitamin K	0.2 µg	0%
Electrolytes		
Sodium	78 mg	5%
Potassium	325 mg	7%
Minerals		
Calcium	16 mg	1.5%
Copper	0.075 mg	8%
Iron	0.80 mg	10%
Magnesium	23 mg	6%
Manganese	0.329 mg	14%
Zinc	0.35 mg	3%
Phyto-nutrients		
Carotene-β	20 µg	--
Betaine	128.7 mg	--
Lutein-zeaxanthin	0 µg	

Health benefits of Ridge Gourd



Ridge gourd medically referred to as *Luffa acutangula* as well as called turiya or even turai or beerakai or dodka in several languages in India is yet another variety of gourd along with a functional veggie that provides a facet to the veggie delicacies. This can be referred to as Chinese Okra or even Sponge gourd.

This particular veggie is definitely a well-known veggie within the Asian, African as well as Arabic nations. Commonly known by various other title just like loofah, luffa or even tori etc. this particular veggie is considered to be originated from the Arabic desserts and also spread all through the entire world. It's really a dark green veggie on the exterior side with white pulp as well as white seeds embedded inside in the spongy flesh. All of the varieties of the ridge gourd or even loofah are delicious and should be ingested just before they mature otherwise they are too woody and also fibrous to consume.

Health benefits of Ridge Gourd

Vegetables from the gourd family are extremely advantageous through the health perspective. There are actually various types of gourds cultivated around the world. In India, the frequently ingested ones are bitter gourds, bottle gourds, ridge gourds, and also snake gourds. Ridge gourd is additionally referred to as turai or even luffa. It's really a dark green, ridged vegetable possessing white pulp along with white seeds baked into its soft flesh. It is extremely fibrous to consume.

Ridge gourd is quite lower in saturated fats as well as calories. It really is abundant with dietary fiber, vitamin C, riboflavin, zinc, thiamin, iron, as well as magnesium. A few of the health advantages linked to the ridge gourd shows up below:

1. Excellent blood purifier

Ingesting the ridge gourd within your frequent diet is an effective way of cleansing your blood for the pollutants which get combined along with it. In addition, **it acts to boost the liver health and serves to decrease the side results of alcohol intoxication.**

2. Possessing laxative properties

This particular veggie is additionally recognized for having healthy laxative qualities. **The ridge gourd may serve as a highly effective alleviation towards the constipation problems and may even be utilized to cure piles disease.** It features a managing impact on the working ability of the stomach.

3. Cure for jaundice

For very long, the medicinal properties of healing jaundice have been related to the ridge gourd. Juice obtained from this particular vegetable is offered to such patients, whilst the seeds as well as dry crust of the vegetable additionally serve exactly the same objective.

4. Beneficial for diabetes

Particular qualities built into the ridge gourd allow it to be of assistance to the diabetics. This is mainly because of the existence of insulin just like peptides within this vegetable that provide to reduce the sugar level in both the blood along with the urine. Additionally, it restricts the blood insulin level to the reasonable quantity.

5. Aiding weight loss

There are a multitude of causes of including the ridge gourd in your weight loss program.

First it is extremely lower in saturated fats content; secondly, it possesses a lower consumption of cholesterol towards the body; thirdly, **it offers very reasonable amount of fat and calories;** fourthly, it includes a lot of water within it.

Consuming this particular veggie keeps you satiated for extended time period, minimizing your want to eat again. Last however not the least, the nutritional value which it offers by means of dietary fibers, vitamins and minerals is a wonderful help to lose weight.

6. Anti-inflammatory and anti-biotic

Anti-inflammatory as well as anti-biotic properties seemed to be related to this particular vegetable. It is just a excellent natural method of eliminating the toxic compounds through the entire body. **It's got always been utilized like a home treatment solution for skincare. It may also be utilized for liberation from intoxication.**

7. Fortifying the immune system

A strong defense mechanisms means that the body **will be better able to defend against bacterial infections as well as maintain in the healthy way soon after catching up illnesses**. Juice obtained from the ridge gourd is recognized for conditioning the defense mechanisms and therefore allowing it to combat in the better way towards infections as well as viruses.

8. Skin care

Whenever **ridge gourd/loofah is allowed to mature and also dry within the vine**, it may be harvested like a sponge. Everything (skin and seeds) is taken away from them apart from the primary network. Loofah sponge has been utilized historically just as one exfoliation product whenever bathing. They're excellent for eliminating the dead skin cells leaving behind the skin smooth as well as conditioned. **They could also assist encourage the skin therefore rendering it healthier and much more radiant**. The blood purifying qualities ensure that you stay clear of pimples as well as acne. Loofah sponge may also help manage body as well as foot odor.

Loofah sponge, as being a natural fiber, will certainly attract the development of mold as well as microbes if not looked after correctly. It is therefore important to help keep loofah sponge clean by making sure you rinse off all soaps or even salt residues and let it to air dry right after use.

9. Good for stomach

Cellulose within ridge gourd helps you to conquer bowel problems and in addition helps with healing piles.

Additional health benefits

- It is also helpful for management of acidity as well as ulcers and could be advantageous for offering comfort to exhaustion as well as anxiety. Additionally, it established to be great to cure cold. Burning up feeling experienced with the urine may also be handled utilizing a juice of the veggie coupled with lime juice.
- Additionally, it serves to revive to health dryness within the body by enhancing the growth and development of numerous body fluids. The ridge gourd is well known because of its use like a cooling agent. The beta carotene present in this particular veggie causes it to be great for the eye health and is recognized to enhance eyesight.
- Additionally it is utilized like a home cure for the management of bilious fever. A reduced known health advantage of the vegetable is it helps with the assimilation of nutrition within the body. The capability to calm down the working of the brain has additionally been linked to the ridge gourd.
- Furthermore, it functions like a great scrub along with exfoliating qualities to eliminate the dead skin cells existing onto the skin and it is considered to be ideal for few skin conditions. It may also guard from the hair loss as well as tooth. Type 2 diabetes is likewise cured to a substantial degree by consuming on this veggie.

More about Ridge gourd

Luffa or even ridge gourds are exotic and subtropical vines of the plant family Cucurbitaceae. Luffa acutangula and also Luffa aegyptiaca (luffa cylindrical) are at least two species which are cultivated and gathered just before maturation and consumed as veggie in Asia and Africa. In India, a number

of dishes are set using the ridge gourd exactly where they prepare the chutney, include them to the dal or even create a curry with this particular veggie. In Maharashtra, India, dodka (ridged gourd/luffa) and ghosavala (smooth luffa) are typical veggies prepared along with possibly crushed dried peanuts or even with beans.

Luffa or even ridge gourd develops arrow straight, somewhat curved, or even much bent. One variety of this particular veggie develops very short as well as broad sponges. These types of are usually utilized for pot scrubbers. An additional type, cultivated more regularly for food, creates incredibly thin long fruits. Whenever small, the fruits are quite flexible and can comply with whatever shape they're against. The ridged or even angled luffa (*Luffa acutangula*) is really a distinctive variety of luffa. It creates fiber yet is frequently utilized like a food crop. It may be recognized by the pronounced ridges that run across the skin lengthwise. It is commonly thinner, bent or even curved, and much more elongated compared to the *Luffa cylindrica*. Delicious luffa present in markets is most likely more often *acutangula* compared to the *cylindrica* species. *Luffa acutangula* is additionally often called Patola within the Tagalog language of the Philippines.

The edible size fruits taste something similar to a cross between a zucchini along with a cucumber. Several luffa varieties may possibly create fruits which are too bitter to consume. Peeling the skin off decreases bitterness yet is typically not generally essential to do so. When it tastes bad, don't consume it. Numerous frequently grown types are edible. The ridge gourd might be either stir fried or even make in to a nice spicy curry. Ridge gourd may be reduce slices and also fired in batter just like our chilli bajjis. A healthier option is to create gravy from it. Fry some onions, tomatoes, garlic with a few salt and chilli powder. Include some cubed ridge gourd and allow it to cook on a simmering flame. Add half a cupful of milk and allow the gravy thickens. Soon after eliminating from flame, season and also serve hot.

History of Ridge Gourd

Ridge gourd is broadly cultivated in exotic nations since its farming needs a hot environment. It really is frequently cultivated in India, Pakistan, Indonesia, China and also the Philippines.

Nutritional value of Ridge Gourd

Ridge Gourd (*Luffa anguiculata*), fresh,

Nutrition Value per 100 g

Principle	Nutrient Value
Calcium	18mg
Carbohydrates	3gm
Energy	17Ecals
Phosphorus	26mg

<u>Protein</u>	0gm
<u>Total Fat</u>	0gm

How to Select

Select ridge gourd which has a deep green color, tight skin, and that are free of soft spots, scars as well as darkened areas. Their stem needs to be green as well as fresh looking. Ridge gourd needs to be heavy because of their size and also firm enough. Prevent those that have indication of decay such as injuries on the skin or even water-soaked areas or maybe they're soft as well as rubbery.

Buying Tips

When you visit the marketplace, don't get fooled by the shopkeeper. How would you know which kind of ridge gourd to select, in case you have never encountered it before? That's the reason this information is here for, to assist you make your options securely!

When you purchase a ridge gourd, make certain that it is firm and it has a deep green colour. Lighter shades of green means it's still not ripe yet. Attempt to get those which don't have got any dark spots or even stains on them. Make certain your ridge gourds are strong and healthy, not wilting as well as water soaked. Prevent them, since these are indications of decaying, since this is a firm indication that the vegetables aren't healthy!

How to Store

Once you get fresh and also healthy ridge gourd through the marketplace, attempt to consume it as earlier as you possibly can. It is because, it being a veggie, however you may pack it, it'll lose its freshness progressively during a period of time. Therefore, it is advisable to be had in just a week of buying through the marketplace.

Ridge gourd needs to be kept firmly packed in the sealed container or perhaps in plastic bags to ensure that they're fresh, crunchy and also healthy, for approximately a week.

Culinary Uses

- Ridge gourd could be filled with zesty filling produced from spices just like sesame seeds, coriander seeds, cumin seeds as well as red chilies which are roasted and also ground to the fine paste together with ginger, garlic, onions and tamarind, features a mingling of tastes :- sweet-spicy-tangy. A scrumptious stuffed curry which goes well along with both rice as well as rotis.
- It is really a delicious as well as nourishing accessory for dal/sambhar.
- Although, the most typical everyday method appear to be cooking turai solo together with few spices, possibly without or with a gravy.
- Ridge gourd is really a veggie that is prepared by Andhras generally like a pachadis, stir fry, cooked in milk or even with lentils.
- Ridge gourd could be cut into slices and fired in batter just like our chilli bhajjis.
- A healthier option is to create gravy from it. Fry several onions, tomatoes, garlic with many salt and chilli powder. Include some cubed ridge gourd and allow it to cook on the simmering

flame. Include half a cupful of milk and allow the gravy thicken. Right after eliminating from flame, season and also serve hot.

Luffa also spelled loofah called the sponge gourd or cucumber, or *Hechima* in Japanese is a fruit rich in dietary fiber. In addition to its use as a food, it can also be found as an active ingredient in some brands of face lotion and window curtains, among many other eco-friendly ways it is used.

In Japan, it is primarily harvested out of Okinawa and in the southern part of Kyushu. Cooked in miso, eaten alongside vegetables, or fried up in a crispy Tempura are some examples of how it is eaten. Luffa produced out of Okinawa is sometimes referred as *Nabera*. Luffa is a notable part of the traditional Okinawan Diet.

In terms of nutritional balance, the luffa is said to be good source of vitamins and minerals, particularly helpful in fighting off heat stroke in the hot summers of Okinawa. It is an excellent source of folic acid and vitamin K.



Nutrition Info for Luffa (1piece 250g)

Based on a 1800 calorie diet for women between ages 18 and 29 weighing 112 pounds and daily nutritional requirements

👉 Calories and Macronutrient Composition 🛠

↘ Percent Meal Value ↗

Energy	40 Cal	536 ⌋ 751 Cal
Protein	2g (8 Cal)	15 ⌋ 34g
Fat	0.25g (2.25 Cal)	13 ⌋ 20g

Carbohydrate	9.5g (38 Cal)	75% 105g
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👉PFC Balance

The calories in Luffa per 250g(1piece) is 40 calories. Luffa is calculated to be 16Cal per 100 grams making 80Cal equivalent to 500g with 9.5g of mostly carbohydrates, 2g of protein, 0.25g of fat in 250g while being rich in vitamins and minerals such as Folate and Vitamin K.

Vitamins, minerals, dietary fiber, and sodium content for 250g (1piece) of Luffa

👉Vitamin】

(Percent Meal Value)

Vitamin A Retinol Equivalent	10µg	221µgRE
Vitamin E Alpha Tocopherol	0.75mg	2.2mg
Vitamin K	30µg	17µg
Vitamin B1	0.08mg	0.32mg
Vitamin B2	0.1mg	0.36mg
Niacin	0.5mg	3.48mgNE
Vitamin B6	0.18mg	0.35mg
Folate	230µg	80µg
Pantothenic Acid	0.75mg	1.5mg
Vitamin C	12.5mg	33mg

👉Mineral】

(Percent Meal Value)

Sodium	2.5mg	1000mg
Potassium	375mg	833mg
Calcium	30mg	221mg
Magnesium	30mg	91.8mg

Phosphorus	62.5mg	381mg
Iron	0.75mg	3.49mg
Zinc	0.5mg	3mg
Copper	0.15mg	0.24mg
Manganese	0.18mg	1.17mg

Other】

(Percent Meal Value)

Total Dietary Fiber 2.5g 5.7g

Cauliflower

Health benefits of Cauliflower

- It is very low in calories. 100 g of the fresh cauliflower head provides only 26 calories. Nevertheless, it comprises of several health-benefiting antioxidants and vitamins in addition to be very low in fat and contains no cholesterol.
- Its florets contain about 2 g of dietary fiber per 100 g; providing about 5% of recommended value.
- **Cauliflower contains several anti-cancer phyto-chemicals like sulforaphane and plant sterols such as indole-3-carbinol**, which appears to function as an anti-estrogen agent. Together these compounds **have proven benefits against prostate, breast, cervical, colon, ovarian cancers by virtue of their cancer-cell growth inhibition, cytotoxic effects on cancer cells.**
- Furthermore, **Di-indolyl-methane (DIM)**, a lipid soluble compound present abundantly in Brassica group of vegetables **has found effective as immune modulator, anti-bacterial and anti-viral** compound by synthesis and potentiating Interferon-Gamma receptors. DIM has currently been found application in the treatment of recurring

respiratory papillomatosis caused by the Human Papilloma Virus (HPV) and is in Phase III clinical trials for cervical dysplasia.

- Fresh cauliflower is an excellent source of **vitamin C**; 100 g provides about 48.2 mg or 80% of daily recommended value. **Vitamin-C is a proven antioxidant helps fight against harmful free radicals, boosts immunity and prevents from infections and cancers.**
- **It contains good amounts of many vital B-complex groups of vitamins such as folates, pantothenic acid (vitamin B5), pyridoxine (vitamin B6) and thiamin (vitamin B1), niacin (B3) as well as vitamin K.** These vitamins is essential in the sense that body requires them from external sources to replenish and required for fat, protein and carbohydrate metabolism.
- Further, It is an also good source of minerals such as manganese, copper, iron, calcium and potassium. Manganese is used in the body as a co-factor for the antioxidant enzyme, *superoxide dismutase*. *Potassium* is an important intracellular electrolyte helps counter the hypertension effects of sodium.

**Nutritive value per 100
G (Source: USDA
National Nutrient data
base)**

Principle	Nutrient Value	Percentage of RDA
Energy	25 Kcal	1%
Carbohydrates	4.97 g	4%
Protein	1.92 g	4%
Total Fat	0.28 g	1%
Cholesterol	0 mg	0%
Dietary Fiber	2.0 g	5%
Vitamins		
Folates	57 µg	14%
Niacin	0.507 mg	3%
Pantothenic acid	0.667 mg	13%
Pyridoxine	0.184 mg	14%
Riboflavin	0.060 mg	4.5%

Thiamin	0.050 mg	4%
Vitamin A	0 IU	0%
Vitamin C	48.2 mg	80%
Vitamin E	0.08 mg	0.5%
Vitamin K	15.5 µg	13%
Electrolytes		
Sodium	30 mg	2%
Potassium	299 mg	6%
Minerals		
Calcium	22 mg	2%
Copper	0.039 mg	4.5%
Iron	0.42 mg	5%
Magnesium	15 mg	3.5%
Manganese	0.155 mg	7%
Zinc	0.27 mg	2.5%
Phyto-nutrients		
Carotene-β	0 µg	--
Lutein-zeaxanthin	1 µg	
