

# Healthiest Vegetables

1. **Tomatoes** are full of lycopene and are well known for cancer-fighting capabilities. Also keeps check on blood pressure. Rich in vitamin C and A also are good on sandwiches, as raw snacks and in salads, soups and pasta sauce.



2. **Carrots** help in strengthening of vision and protect cardiovascular system from damage as it has high levels of carotenoids and vitamin A. Carrots can also be used to regulate blood sugar levels. They're also a good source of vitamins B, C and K, fiber (when raw), potassium, magnesium and folate. A single carrot supplies all the vitamin A needs for the whole day.



3. **Cruciferous Vegetables** have vitamins, fiber and disease-fighting phytochemicals. Vitamins C and K, potassium, calcium, iron and folic acid are found in cruciferous vegetables. They can be eaten raw, lightly steamed or stir-fried.



4. **Green leafy vegetables** are useful in reducing the risk of cancer and heart disease. They are ideal for weight management as they are low in fat, high in fiber and rich in folic acid, vitamin C, potassium and magnesium. They can be lightly steamed or used in soups.



5. **Sweet potatoes** are excellent immunity boosters. They are very rich in vitamin A, B-complex, C and potassium, iron and fiber. Sweet potatoes are beneficial for diabetics as they are very effective in regulating blood sugar level by helping proper secretion and function of insulin.



6. **Eggplants** are rich in antioxidants like nasunin which is a unique compound that protects brain cells from damage. They have high levels of copper, potassium and fiber. Also have positive effect on cardiovascular health.



7. **Legumes** contain higher amount protein than other vegetables. They are high in soluble fiber, which prevent constipation, promote a healthy digestive tract. They help in lowering blood cholesterol levels, and can reduce the risk of some types of cancer. They contain folate calcium, iron, magnesium potassium and other essential minerals. They can be added to soups, salads or eaten on their own.



8. **Bell Peppers** are high in dietary Fiber, Vitamin A, C, E, K, B6, Potassium, Manganese, Thiamin, Riboflavin, Folate. Bell peppers have also been shown to prevent blood clot formation and reduce the risk of heart attacks and strokes. These are flavorful additions to salads and healthy stir-fries.



9. **Allium foods**, such as garlic and onions, are best known for their natural antibiotic properties. It helps is stimulating immunity, reduce inflammation and fight infection. The allium foods below are most nutritious when eaten raw in salads or healthy dips, also great for flavoring many cooked dishes.



10. **Asparagus** has anti-aging functions, reduces pain and inflammation, and reduces the risk of heart disease. It is an excellent source of potassium, fiber, vitamins A, C, K and B complex – especially B6 and folic acid. At just 4 calories a stalk, lightly steamed asparagus can help reduce weight, inflammation and depression.



Most of the vegetables can be eaten raw or lightly steamed or as a snack, side dish or main dish or can be added to soups, salads, stir-fries or casseroles.

