

Healthiest Vegetables Nutritional Values

Arugula carotenoids, fiber, A,C,K, folate
 Asparagus K, folate, C, A, tryptophan, B1, B2
 Avocado (fruit) C, K, folate, potassium, essential fatty acids (high glycemic)
 Beets flavonoids, folate, manganese, potassium (high glycemic)
 Bell peppers carotenoids, C, A, B6, fiber (nightshade)
 Bok choy cruciferous, A, C, K, B6, folate
 Broccoli carotenoids, cruciferous, C, K, A, folate, fiber
 Brussels sprouts carotenoids, cruciferous, K, C, folate, A, manganese, fiber
 Cabbage cruciferous, K, C, fiber, manganese, B6, folate
 Carrots carotenoids, A, K, C, fiber, potassium (high glycemic cooked)
 Cauliflower cruciferous, C, K, folate, fiber, B6
 Celery K, C, potassium, folate, fiber
 Collard greens carotenoids, cruciferous, K, A, C, manganese, fiber, calcium
 Corn, yellow A, iron (high glycemic)
 Cucumbers C, molybdenum, A, potassium
 Dandelion greens carotenoids, A, C, E, folate
 Eggplant fiber, potassium, manganese (nightshade)
 Garlic allicin, manganese, B6, C
 Green beans flavonoids, K, C, manganese, A, fiber, potassium, folate
 Green peas K, manganese, C, fiber, B1, folate
 Kale carotenoids, flavonoids, cruciferous, K, A, C, manganese, fiber
 Leeks manganese, K
 Mushrooms selenium, B2, copper, B3, tryptophan, B5



Mustard greens carotenoids, cruciferous, K, A, C, folate, manganese, E
 Okra carotenoids, fiber, A, C, K, thiamine, B6
 Olives essential fatty acids (fat, high glycemic)
 Onions sulfur compounds, flavonoids, chromium, fiber
 Parsnips fiber, C, K, folate (high glycemic)
 Potatoes C, B6, folate, potassium (nightshade)
 Pumpkin carotenoids, A, C, E (high glycemic)
 Romaine lettuce carotenoids, K, A, C, folate, manganese, chromium
 Spinach carotenoids, K, A, minerals, folate, iron, C, B2, B6, fiber, B1, E
 Squash, summer manganese, C, magnesium, A, fiber
 Squash, winter carotenoids, A, C, potassium, fiber
 Sweet potatoes carotenoids, A, C, manganese (high glycemic)
 Swiss chard carotenoids, K, A, C, manganese, potassium, iron
 Tomatoes (fruit) carotenoids, C, A, K, molybdenum, potassium (nightshade)
 Turnip greens carotenoids, cruciferous, K, A, C, folate, manganese, fiber
 Watercress carotenoids, cruciferous, A, C, folate
 Yams C, potassium, manganese (high glycemic)
 Zucchini carotenoids, C, magnesium, A, fiber

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