

## VEGETABLE NUTRITION SUMMARY

Vegetables abound in vitamins and minerals. Let's see what special contributions these nutrients make to good health.

Vitamin A is needed for healthy skin, normal eyesight, and germ-resistant linings of the nose, throat, and lungs.

Vitamin B<sup>1</sup> or Thiamine helps insure normal digestion and normal functioning of nervous tissue.

Vitamin B<sup>2</sup> or riboflavin and niacin play important roles in the metabolic processes of the body.

Vitamin C helps keep connecting material between the cells in good condition to prevent bleeding gums and easily bruised flesh.

Iron, a mineral element, is found in the hemoglobin of the blood which carries oxygen to all the cells of the body.

NUTRITION SUMMARY	VITAMIN A	THIAMINE	RIBOFLAVIN	NIACIN	VITAMIN C	IRON
Artichoke				1		2
Asparagus	2	2	3	2	2	1
Green beans	2		2		2	
Lima beans		3	1	1	2	1
Broccoli	3	1	3		3	1
Brussels sprouts	1	1	2		3	2
Cabbage					2	
Carrots	3					
Cauliflower		1	1		3	1
Corn	1	2	2	2		
Mushrooms		1	3	3		
Peas	1	3	2	3	2	2
Peppers	1				3	
White potatoes		1		2	2	
Sweet potatoes	3	1			2	
Spinach	3	1	3		3	3
Winter squash	3		1			
Summer squash	1			1	2	
Tomatoes	2				2	
Turnips					2	

**KEY:**    Excellent source = 3    Good source = 2    Fair source = 1

**NOTE:**    All vegetables contain more nutrients than are listed here. Those with low numbers may abound in other vitamins and minerals essential for well being. Do not overlook them.

Source of information:    The Composition of Foods, U.S. Department of Agriculture.