

# Is there a Rainbow on your Plate?

**Green** produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.

- *Fruits:* avocado, apples, grapes, kiwi, pears
- *Vegetables:* asparagus, broccoli, cucumber, green beans, green peppers and leafy greens such as spinach

## Asparagus



### Health Benefits of Asparagus

- High content of vitamin K and Folate
- High content of folic acid makes sure that if you eat asparagus during the time you are conceiving, it helps prevent serious birth defects
- Makes sure your heart is in top condition
- Helps to relieve menstrual cramps and also certain fertility problems
- Cleanses and strengthens gastrointestinal tract and colon
- Increases the success and recovery rate of chemo-therapy
- Treats arthritis, asthma, water retention, PMS due to the fact that it is considered to be a diuretic (anti-inflammatory)
- Eating asparagus can help you get rid off warts
- Naturally detoxifies the body
- Helps lower cholesterol significantly and also reduce high blood pressure
- Helps in production of milk for lactating mothers
- Slows down the aging process since it has anti-oxidants

- Prevents the formation of kidney stones cleansing the body and detoxifying kidneys. Also helps to prevent urinary tract infection
- Asparagus can be used as an aphrodisiac to enhance sexual activity
- Eating asparagus helps prevent the formation of scurvy and also relieves you of toothaches
- Asparagus helps prevent the formation of cancerous tumors since it has anti-cancer agents
- Asparagus helps to relieve diarrhea and constipation as it is considered a laxative
- Asparagus helps to strengthen capillaries thus preventing painful varicose veins
- It is also helpful for your eyes and prevents the formation of cataracts

# Avocado



## Nutrition Facts

- One avocado of 201 grams has 322 calories, 29 grams of fat, 17 grams of [carbohydrates](#), 14 milligrams of sodium and 4 grams of protein.

## Vitamins

- Avocados are a good source of dietary fiber. They contain [vitamin](#) A, vitamin K, Vitamin C, Folate, Iron and calcium.

## Benefits

The antioxidants in avocados are believed to help in the prevention of cancer, arthritis, heart disease, and eye cataracts; the fruit may also delay the aging process

# Broccoli



In a one-cup serving, this nutritional powerhouse boasts 200 percent of your recommended daily allowance of Vitamin C, a good dose of Vitamin A, riboflavin, calcium, and fiber--and contains just 40 calories. It has even been proven to help protect against cataracts, stroke, and many kinds of cancer

## Cucumbers



- **Minerals**

One medium cucumber has 2 percent of the calcium and iron needed for a 2000 [calorie](#) diet.

## Vitamins

Cucumbers contain 10 percent of the vitamin C and 2 percent of the vitamin A needed each day in a 2000 calorie diet.

## Calories

One medium-sized cucumber has about 45 [calories](#).

## Fiber

You'll find that a medium cucumber has 2 grams of fiber.

## Protein

One medium cucumber has 2 grams of [protein](#).

# Green Apples



## *Nutritional value of Green Apple*

Did you know a **daily dose of one green apple a day**, by eating a whole apple or even by drinking its fresh juice can help you reduce the amount and level of cholesterol in your body? There are several other benefits you can get from the nutrition contained in a **green apple**. Here is the list of other good things that an apple can do to your body:-

- Helps in preventing accumulation and building of cholesterol on the walls of the blood arteries in your body
- Eventually reduce the risk of heart attack
- Promotes better condition for the membranes of your lungs
- Improve bone health through additional supply of chemical called boron to the bones' minerals
- When your cholesterol level is controlled, consequently your body's cardiovascular system's health will be maintained
- Assist you in maintaining body weight
- Reduces asthmatic stress
- Helps reducing the risk of cancer
- Do eat the skin too! the vitamin contained on a green apple's skin can help you get beautiful skin
- Helps in cleansing colon and detoxification quickly and almost efficiently

# Green Beans



## Nutritional Value of Green Beans

Given below is the amount of nutrients in 1 cup (125 gm) of green beans:

- Calcium - 57.50 mg
- Copper - 0.13 mg
- Dietary Fiber - 4.00 gm
- Folate - 41.63 mcg
- Iron - 1.60 mg
- Magnesium - 31.25 mg
- Manganese - 0.37 mg
- Omega 3 Fatty Acids - 0.11 gm

## Green Grapes



### **Grapes Nutritional Information**

#### **Vitamins**

Like most other fruits, grapes are a rich source of natural vitamins. Grapes are a great source of vitamin C. Moreover, they also have a considerable amount of vitamin A. Additionally, small amounts of following vitamins are also found:

Thiamin, Riboflavin, Niacin, Vitamin B6, Vitamin E, Folate, Pantothenic acid.

# Green Peppers



## Basic Nutrition

According to the USDA, one medium-sized green pepper has 24 calories, 2 grams (g) of dietary fiber and 3 grams of sugar. It also contains 1 milligram (mg) of protein. Even though green peppers have all the amino acids, they are not all present in sufficient quantity and proportion to qualify as a complete protein.

## Vitamins

Green peppers are an incredible source of vitamin C. One medium-sized green pepper has 95.7 mg of vitamin C, which is even more than the 63.5 mg found in a medium-sized orange. However, most of us are not going to eat an entire green pepper at once like we would an orange, so it's better to look at the amount of vitamin C in more typical serving sizes. One "ring" of green pepper provides 8 mg of vitamin C and 10 green pepper strips contain 21.7 mg.

## Minerals

While green peppers contain a variety of minerals, they're only present in trace amounts. The two most abundant minerals are potassium and manganese. Ten strips of green pepper will provide about 1.5 percent of the DV for potassium and 1.75 percent for manganese. The remaining minerals in green peppers are calcium, iron, magnesium, phosphorus, zinc and copper.

## Kiwifruit



The fruit is made available throughout the year because it grows in various regions of the world. While many people avoid the fruit because of its acidic taste, they are unaware of the nutritional value of kiwi. The fruits are very low in calories, but contain a lot of important nutrients.

There are several vitamins and antioxidants present in the fruit. The green kiwi fruit that is commonly found in the supermarkets contains 64g of Vitamin C. This is more than enough for our daily intake of the vitamin. Even if you eat two fruits in a day, your body will receive the daily intake of the vitamin. As per the US Health Department, the recommended intake of Vitamin C for women is 75mg and for men it is 90 mg.

Kiwi also has a high content of vitamins A, K and E. Vitamins A, C and E are known for their antioxidative properties and help to protect the cells from the harmful effect of free radicals. Also, these antioxidants destroy the free radicals in the body. Lutein is another antioxidant that is present in the fruit and it protects the eyes.

The fruit is also rich in minerals, such as potassium. Two tiny kiwi fruits have more potassium than what is found in a banana. Potassium controls the electrical impulses in the body and is a good electrolyte. It is also required to maintain the health of the heart. It eases the contractions in the heart. Kiwi even has other minerals, such as magnesium, zinc and phosphorous. It even has calcium and iron in small quantities.

The daily intake of fiber for an adult is between 21 and 38g, depending on the age. One kiwi fruit contains 2.1g of fiber. There are two kinds of dietary fibers, soluble and insoluble. The soluble fiber dissolves in water and slows down the process of absorption of glucose into the blood. This quality also helps to reduce cholesterol. Insoluble fiber does not dissolve and it protects the body from constipation. Kiwis have both these fibers in them.

Kiwi has approximately 50 calories in one fruit. It is a very nutritious low calorie fruit. Even the skin of the fruit is edible and has several antioxidants in it. Kiwis can be added to smoothies, salads, ice creams and other desserts. You can even add the fruit to your oatmeal or use it to garnish your meat dishes.

# Lettuce



## Nutritional Values for Iceberg and Romaine Lettuce

One cup of iceberg lettuce:

- 8 calories
- 0.58 gram protein
- 1 gram fiber
- 16 milligrams calcium
- 116 milligrams potassium
- 11.3 milligrams vitamin C
- 64 micrograms folate
- 48.2 micrograms vitamin K
- 1637 micrograms beta carotene

One cup of romaine lettuce has:

- 8 calories
- 0.5 gram protein
- 0.7 gram fiber
- 10 milligrams calcium
- 78 milligrams potassium
- 1.5 milligrams vitamin C
- 16 micrograms folate
- 13.3 micrograms of vitamin K
- 164 micrograms beta carotene
- 152 micrograms of lutein
- 1087 micrograms of lutein + zeaxanthin.



# Pears



## Pear Nutrition

A good fruit source of fibre and containing reasonable amounts of potassium, vitamin C and copper, pear nutrition is a good general antioxidant fruit.

- Pears contain good amounts of fibre which support bowel regularity, thereby helping to prevent bowel cancer. Fibre also helps to maintain normal [cholesterol](#) and blood sugar levels.
- Pear nutrition also contains a reasonably good amount of potassium which is needed in nerve and muscle function and to maintain the bodies' acid balance. Potassium can also lower the risk of high blood pressure.
- Pears provide a reasonably good dose of vitamin C which is needed to help protect cells and tissues from free radical damage, thereby lowering the risk of cancer. Vitamin C also plays a part in dietary iron absorption.
- Pear nutrition also provides a reasonably good amount of copper which helps the body to utilise dietary iron and reduce free radical damage to the tissues. Copper also plays a part in thyroid function.
- One pear contains around 100 calories.

# Spinach



## Nutritional Value of Spinach

Spinach is a green leafy vegetable with abundant vitamins. It offers many health benefits with its rich nutrients like iron and fiber. It is a recommended food in a variety of forms, the most popular being spinach soup and as salad.

Nutritional Facts and Information about Spinach:

Excellent levels of manganese are found in spinach. It also contains very good amounts of magnesium, potassium, iron and calcium. Copper, phosphorous, zinc are all found in good amounts in spinach. In addition, traces of selenium are also found.

Vitamin Content:

Spinach contains excellent amount of Vitamin K and Vitamin A. It is a very good source of Vitamin C. Good amounts of Vitamin E, Vitamin B6 and Riboflavin are also found in spinach. It is also contains traces of Thiamin and Niacin.

**CalorieContentofSpinach:**

100g of spinach contains 23 calories.