

[IMAGE]

Fill Your Plate With Good Nutrition

By Editorial Staff

Cabbage

A mere 1 cup of cabbage boasts 90 percent of the recommended daily allowance of vitamin K and 50 percent of the RDA for vitamin C. May help prevent breast cancer.

Carrots

When you think of carrots, think of beta-carotene, present in high amounts. Research suggests betacarotene protects against cancer, cardiovascular disease and stroke.

Tomatoes

Eat a tomato and enjoy the health benefits of vitamin A, vitamin C, vitamin K, and other key nutrients. Contains lycopene, which may help prevent cancer from developing.

Mint

Mint contains menthol, an essential oil often used to reduce stress and relieve sinus congestion. Mint also contains vitamins A and C and is a rich source of essential minerals.

Cauliflower

Nutrition - Copyright © Stock Photo / Register Mark It's not white broccoli, though it does come from the same family and like broccoli, features several cancer-fighting compounds, such as sulforaphane and indol-3-carbinole.

Cucumbers

Cucumbers are a good source of potassium, an electrolyte that helps balance sodium intake. Also contain antioxidants and fiber, all while being very low in calories.

Bell Peppers

Whether red, yellow or green, bell peppers are a nutritional powerhouse, providing vitamins A, C, E, K and B₆, just for starters. A great source of antioxidants.

Peas

Packed to the pod with vitamins and minerals, peas are particularly high in nutrients such as vitamin K, vitamin C, vitamin B₁, manganese and dietary fiber.

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