

NUTRITION FACTS ON Green Vegetables

Bell Peppers

-Good source of Vitamin C, Thiamine, Vitamin B6, Beta Carotene, and Folic Acid.

-Phytochemicals include Chlorogenic Acid, Zeaxanthin, and Coumeric Acid.

-Has shown to prevent blood clot formation and reduce the risk of heart attacks.

Broccoli

-Excellent source of Vitamins A, C, and K, Folic Acid, and Fiber.

-Good source of Potassium, Phosphorus, Magnesium, and the Vitamins B6 and E.

-Has shown that it increases the ability of the liver to detoxify toxic compounds and decreases the growth of human papillomavirus.

Celery

-Excellent source of Vitamin C and Fiber. Good source of Folic Acid, Potassium, Calcium, and Vitamins B1, B6 and B2 .

-Contains Phytochemical compounds known as coumarins. Coumarins are effective in cancer prevention and capable of enhancing the activity of certain white blood cells. They also lower blood pressure, tone the vascular system, and are possibly effective when used in case of migraines.

-Has shown may help to lower cholesterol and prevent cancer by improving detoxification.

Green Beans

-Excellent source of Protein, Fiber, and Complex Carbohydrates. Good source of Folic Acid and Molybdenum. Provides significant amounts of Iron, Phosphorus, Magnesium, Manganese, and Potassium.

-Major health benefit is their ability to lower cholesterol.

-Has shown that the high fiber contained prevents blood sugar levels from rising too rapidly after a meal. Good choice for individuals with diabetes, insulin resistance, or hypoglycemia.

Peas

-Good source of Protein, Vitamin B, Magnesium, Phosphorus, Manganese, Iron, Potassium, Vitamin C, Vitamin K and Carotenes.

-Green peas provide a little more additional nutrition and antioxidants.

-Dried peas are an excellent source of fiber. They provide the same nutritional content and health benefits as common beans.

Romaine Lettuce

-Good source of Vitamins A, C, K, Iron, Calcium, Choline, Folate, Manganese, Magnesium, Phosphorus, Potassium, and Fiber.

-Promotes heart health and prevents strokes, as well as cancer.

-Builds healthy bones, eyes, skin, and mucus membranes.