



**Nutritional
Value
and Benefits
Vegetables**

What's Inside

- FACTS: Nutritional Value and Benefits of Vegetables
- TIPS: How to Select and Store Vegetables

MENU OF THE MONTH:
Vegetable Beef Soup



NUTRITIONAL VALUE OF VEGETABLES

People who eat vegetables as part of their daily diet are known to have improved blood pressure levels and internal systems. Vegetables provide a source of many nutrients compared to supplementary tablets.

ANTIOXIDANTS

Vegetables have abundant antioxidants that boost the body's immunity and keeps from developing infections and diseases. Most of the green, yellow and orange vegetables have high percentage of calcium, potassium, iron, magnesium, vitamin B-complex, vitamin A, vitamin-C, vitamin K, zeaxanthins, α and β carotenes and crypto-xanthins. Dark green vegetables, on the other hand, have lots of phenolic flavonoid antioxidants and minerals.



DIETARY FIBER

Vegetables are abundant in soluble as well as insoluble dietary fiber, known as non-starch polysaccharides (NSP). NSP absorbs the extra water in the colon and thereby retains the moisture content in the fecal matter. This aids in digestion by preventing chronic constipation, hemorrhoids, rectal fissures, and diarrhea. Eating more fiber-rich foods keeps the digestive system clear and healthy, helping avoid problems like constipation, bowel irregularity, colon cancer and even polyps.



PROTEINS AND AMINO ACIDS

Having the correct combination of protein rich vegetables in your meals helps gain ample amount of amino acids that are required to live healthy. Eat plenty of beans and spinach, along with whole grain rice for a balanced meal.



WATER CONTENT

Vegetables naturally have high levels of water; this is the reason why they are generally fat free and low in calories. The more you consume vegetables, the more the water intake that flushes out waste products and toxins from your body.



MINERALS

Green leafy vegetables are high in magnesium and have low glycemic index, thus proving to be helpful for patients with type 2 diabetes. If you eat at least 1 serving of green leafy vegetables each day, it will considerably lower the risks of diabetes. Green vegetables are also rich in iron and calcium. Garlic, onions, chives, leeks and scallions are rich in allyl sulfides that help in lowering high blood pressure and protecting the stomach and digestive tract from fatal diseases like cancer.



VITAMINS

Vegetables are known to have a high vitamin content. However, Vitamin K is usually prevalent in almost all vegetables. The high level of Vitamin K in green vegetables makes them an ideal and natural way to prevent bone problems. Vitamin K is necessary for the production of osteocalcin, a protein mandatory for proper bone health.



LYCOPENE AND BETA CAROTENE

Green vegetables have high levels of beta-carotene, which improve immune function considerably once it is converted into Vitamin A. Tomatoes contain lycopene, which protects your eyes from vision problems. A diet deficient in green vegetables often leads to the possibilities of blindness, and other illnesses in children and adults.





BENEFITS OF VEGETABLES

Here are 4 surprising reasons
to increase your vegetable intake:



Fights Feeling Bloated

Vegetables are rich in fiber, which flushes out waste and gastric irritants and prevents constipation by keeping the digestive tract moving.

To ease feeling bloating, try eating fennel, cucumbers, summer squash, romaine lettuce, red leaf lettuce or tomatoes.

If you experience gas when you start to add more fiber and vegetables to your diet, choose steamed vegetables rather than raw ones. The heat from cooking breaks down some of the fiber and will keep gastric distress to a minimum as your body adjusts to consuming the fiber you need.



Reduces Stress

Vegetables contain magnesium and Vitamin C, as well as tension-reducing omega-3 fatty acids and B vitamins that fight anxiety and depression.

According to research, the potassium and magnesium found in some vegetables can also calm you on the inside as they relax blood vessels and keep your blood pressure down. And fiber keeps blood sugar levels stable, preventing dips in energy and the associated mood swings.

To reduce stress, eat vegetables including mushrooms, leafy greens, squash, potatoes, bell peppers, spinach, cabbage, fennel, string beans, and edamame.

For an improved daily consumption of vegetables, add leafy greens, mushrooms and peppers to your sandwiches, wraps, soups, pizza, tomato sauce and omelets.



Creates a Youthful Glow

Vegetables prevent unwanted signs of aging and keep skin young and supple because of phytonutrients, Vitamin C and high water content.

Many vegetables are 85% to 95% water, which helps hydrate the skin and reduce wrinkles. And phytonutrients, found in all vegetables, can guard against premature aging by preventing cell damage from stress, the sun, pollution and other environmental toxins. Vitamin C aids in collagen formation, according to studies.

Choose brightly colored red and orange vegetables and you'll get an added boost of beta carotene, which can give you a healthy glow as it protects skin from sun damage. Similarly, lycopene, found in red vegetables such as tomatoes, also has been shown to act as a natural sunscreen.



Protects Bones

Vegetables also have nutrients such as calcium and Vitamin D in addition to bone-building vitamin K, magnesium, potassium and prebiotic fiber.

Tomatoes in particular have recently been connected to bone health. A study found that when you remove lycopene-rich vegetables like tomatoes from the diet, women are at increased risk of osteoporosis.

Eat strong-spined, dark leafy greens like collard greens, turnip greens, kale, spinach (cooked for more calcium), broccoli and green peas for calcium and Vitamin K. Mushrooms contain Vitamin D while asparagus, chard, kale, artichokes, onions, garlic and leeks are full of prebiotic fiber.



HOW TO SELECT AND STORE VEGETABLES

Needless to say, consuming vegetables when raw gives you maximum benefits. However, vegetables can also be consumed after processing and cooking, although it does take away a small percentage of nutrients. Realistically, consuming it in either way is good for your health.



Check the Color While Buying

- Always check the fresh lively green color of vegetables (or its respective color) when purchasing.
- The yellowish tinge indicates aging of the vegetable and they might have an “off” flavor.
- Frozen and canned vegetables can be healthy, but canned vegetables have the possibility of carrying excessive sodium. If you buy these, rinse them vigorously under cold water before use.
- Look for spots, blemishes, fungal mold and marks of insecticide spray. If you see them, do not buy those vegetables.
- Always purchase whole vegetables and not its cut sections.



Consume Them ASAP

- You should buy vegetables in small quantities so that you can use them up faster.
- Certain vegetables have a considerably short shelf life, particularly if you go the health route and buy organic, non-processed vegetables.
- Consume immediately since the healthy nutrients of vegetable starts declining over time. After a certain time in storage, harmful bacteria can start growing on vegetables.

Storing Tips

- Do not keep vegetables in hot and humid places. Always keep them refrigerated and pre-cut pieces should be frozen or enclosed by ice.
- Keep the vegetables in plastic wrappings or in zip pouches to retain the nutrition for short periods, until you use them.
- You can wrap the green leafy vegetables in perforated plastic or porous paper such as newspaper and then refrigerate them, which increases their shelf life.
- Make sure to rinse all vegetables before eating. In fact, after you have purchased the vegetable, immediately wash it, especially the green leafy ones, as they may have insects or harmful pesticides on them.
- Keep your vegetables completely separate from raw foods like poultry, meat, and seafood.
- Vegetables should also not be kept in contact with cooking utensils or surfaces like cutting boards, etc.





Source: <http://www.bettycrocker.com/recipes/old-fashioned-beef-vegetable-soup/50dfa431-31dc-42d9-af>

MENU OF THE MONTH:

Vegetable Beef Soup

Ingredients:

- 3 pounds of meaty cross-cut beef shank bones, cut into 3-inch pieces
- 10 cups water
- 3 tablespoons beef-flavor instant bouillon
- 1 ½ teaspoons salt
- ½ teaspoon pepper
- ½ teaspoon dried thyme leaves
- 2 dried bay leaves
- 4 cups vegetable juice
- 3 cups cubed potatoes (medium)
- 3 cups coarsely chopped cabbage
- 2 cups frozen small whole onions (from 16-oz bag)
- 2 cups cubed peeled rutabaga (1 and 1/2 medium)
- 2 cups frozen cut green beans (from 1-pound bag)
- 4 medium carrots, sliced (2 cups)
- 3 medium stalks celery, sliced (1 and 1/2 cups)

DIRECTIONS:

1. In an 8-quart stockpot, place beef bones and water. Heat to boiling. Reduce heat then cover and simmer for 30 minutes. Skim off and discard any residue that rises to surface.
2. Stir in bouillon, salt, pepper, thyme and bay leaves. Return to boiling. Reduce heat; cover and simmer for 2 to 2 and 1/2 hours longer or until meat is tender.
3. Remove beef bones and bay leaves from broth. Skim and discard fat from broth. When bones are cool enough to handle, remove meat from bones; cut into bite-size pieces.
4. Return meat to broth. Stir in all remaining ingredients. Heat to boiling. Reduce heat; cover and simmer 30 minutes or until vegetables are tender.

DID YOU KNOW?

that Broccoli contains more protein than steak.

Per calorie, broccoli has more protein than beef. Broccoli is also packed with amino acids, fiber, Vitamin B6 to improve your mood and is one of the best vegetables linked to fighting cancer.

30 CALORIES = 4.5 GRAMS OF PROTEIN



Source: <http://www.onegreenplanet.org/natural-health/soy-free-vegan-foods-that-have-more-protein-than-beef/>



CONTACT US

SeaCaterer

E: Seacaterer-all@seacaterer.com | W: www.seacaterer.com