

VEGETABLE	NUTRITIONAL VALUES IN ORDER (considerations)
Arugula	carotenoids, fiber, A, C, K, folate
Asparagus	K, folate, C, A, tryptophan, B1, B2
Avocado (fruit)	essential fatty acids (fat, glycemic)
Beets	flavonoids, folate, manganese, potassium (glycemic)
Bell peppers	carotenoids, C, A, B6, fiber (pesticides, nightshade)
Bok choy	cruciferous, A, C, K, B6, folate
Broccoli	carotenoids, cruciferous, C, K, A, folate, fiber
Brussels sprouts	carotenoids, cruciferous, K, C, folate, A, manganese, fiber
Cabbage	cruciferous, K, C, fiber, manganese, B6, folate
Carrots	carotenoids, A, K, C, fiber, potassium (glycemic when cooked)
Cauliflower	cruciferous, C, K, folate, fiber, B6
Celery	K, C, potassium, folate, fiber (pesticides)
Collard greens	carotenoids, cruciferous, K, A, C, manganese, fiber, calcium
Corn, yellow	A, iron (glycemic)
Cucumbers	C, molybdenum, A, potassium, (wax coating)
Dandelion greens	carotenoids, A, C, E, folate
Eggplant	fiber, potassium, manganese, (nightshade)
Garlic	allicin, manganese, B6, C
Green beans	flavonoids, K, C, manganese, A, fiber, potassium, folate
Green peas	K, manganese, C, fiber, B1, folate
Kale	carotenoids, flavonoids, cruciferous, K, A, C, manganese, fiber
Leeks	Manganese
Mushrooms	selenium, B2, copper, B3, tryptophan, B5
Mustard greens	carotenoids, cruciferous, K, A, C, folate, manganese, E
Okra	carotenoids, fiber, A, C, K, thiamine, B6
Olives	essential fatty acids (fat, glycemic)
Onions	sulfur compounds, flavonoids, chromium, fiber
Parsnips	fiber, C, K, folate (glycemic)
Potatoes	C (pesticides, nightshade, glycemic)
Pumpkin	carotenoids, A, C, E (glycemic)
Romaine lettuce	carotenoids, K, A, C, folate, manganese, chromium

	(pesticide)
Spinach	carotenoids, K, A, minerals, folate, iron, C, B2, B6, fiber, B1, E
Squash, summer	manganese, C, magnesium, A, fiber
Squash, winter	carotenoids, A, C, potassium, fiber
Sweet potatoes	carotenoids, A, C, manganese (glycemic)
Swiss chard	carotenoids, K, A, C, manganese, potassium, iron
Tomatoes (fruit)	carotenoids, C, A, K, molybdenum, potassium (nightshade)
Turnip greens	carotenoids, cruciferous, K, A, C, folate, manganese, fiber
Watercress	carotenoids, cruciferous, A, C, folate
Yams	(glycemic)
Zucchini	carotenoids, C, magnesium, A, fiber