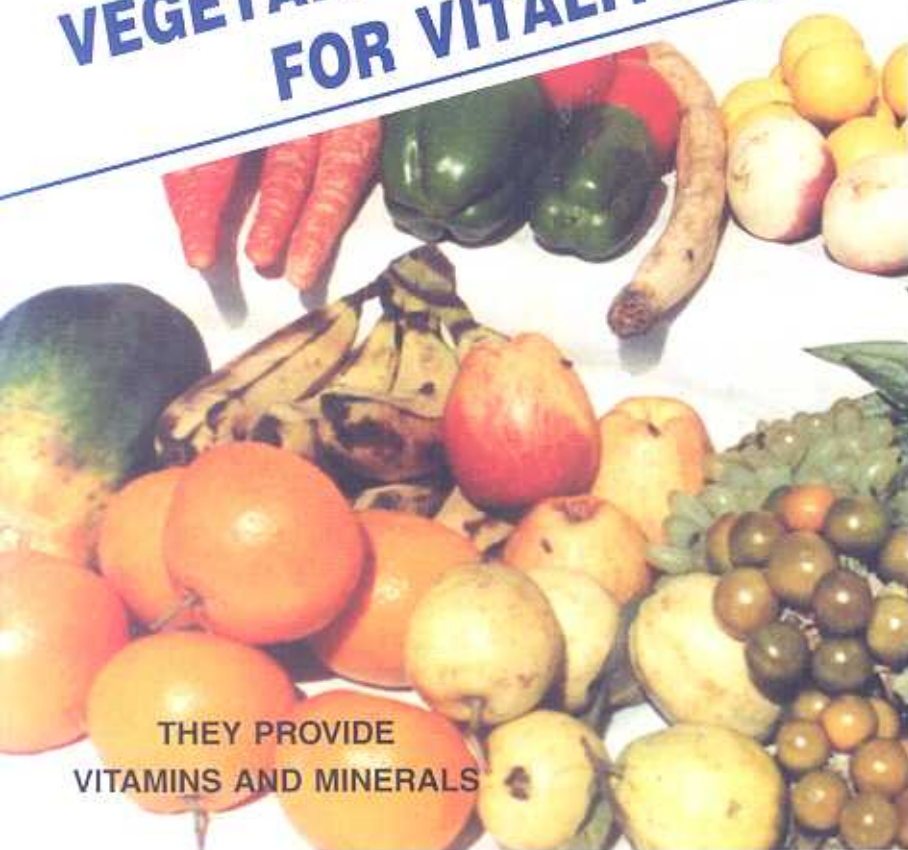




**CONSUME PLENTY OF
SEASONAL
VEGETABLES AND FRUITS
FOR VITALITY**



**THEY PROVIDE
VITAMINS AND MINERALS**



**FOOD AND NUTRITION BOARD
DEPT. OF WOMEN AND CHILD DEVELOPMENT
MINISTRY OF HUMAN RESOURCE DEVELOPMENT
GOVERNMENT OF INDIA
SHASTRI BHAVAN, NEW DELHI**

EAT PLENTY OF VEGETABLES AND FRUITS REGULARLY

Vegetables and fruits are good source of Vitamins, Minerals and other useful substances, which are necessary for good health. Fibre in vegetables and fruits helps the body to remove waste as well as eliminating cholesterol and some carcinogenic compounds.

Vegetables and fruits are generally low in calories. As a result, eating a wide variety of vegetables and fruits on a regular basis is one way to reduce the risk of obesity and coronary disease. Recent research also shows that Beta Carotene and Vitamin C in vegetables and fruits can prevent fat from depositing in blood vessels and also reduce the risk of some types of cancer.

VEGETABLES & FRUITS are called protective foods. Our body requires Vitamins and Minerals for various vital processes of life and for formation of blood, bones and teeth. These VITAMINS & MINERALS though needed in small quantities are very important for regulating various bodily functions. Many of these Vitamins and Minerals are provided by vegetables and fruits.

Some of the important nutrients provided by fruits and vegetables are Vitamin A (as β Carotene), Vitamin C, Vitamins of B-Complex Group particularly Riboflavin and Folic Acid and minerals like Iron and Calcium. Root vegetables such as potatoes, yam, colocasia etc. provide energy to the body. All fruits and vegetables provide fibre (roughage) which has many health generating properties.

VEGETABLES AND FRUITS ARE STORE HOUSE OF VALUABLE NUTRIENTS

VITAMIN A is essential for healthy eyes and skin and growth of children. It is available as Beta Carotene in orange and yellow coloured fruits and vegetables (Papaya, Mango, Pumpkin, Carrots etc. and also in green leafy vegetables).

VITAMIN C (Ascorbic Acid) is the cementing substance in our body and is important for healthy gums and building body's resistance. All fruits, in general, are good source of this Vitamin. The fruits specially rich in Vitamin C are — Citrus fruits like Orange, Mausambi, Lime. Amla, one of the cheapest fruit, is very rich in Vitamin C. Fruits like Guava, Custard Apple, Papaya, Pineapple, Tomato are rich sources of this Vitamin. Leafy vegetables and vegetables consumed in raw form provide good amount of this Vitamin.

FOLIC ACID is necessary for regeneration of blood in our body. Green leafy vegetables are important sources of this Vitamin. Deficiency of folic acid in early pregnancy leads to neural tube defects in the new born.

VITAMIN B₂ (Riboflavin) is an important constituent of an enzyme system, helps in maintaining normal skin tone, digestion and vision. Green leafy vegetables provide this Vitamin to our body.

IRON is one of the important minerals in our body. It is a constituent of haemoglobin, the red pigment of the blood which carries oxygen to the tissues. Green leafy vegetables are one of the important and rich sources of this mineral. Dry fruits like Dates and Raisins are also rich in Iron.

CALCIUM is the mineral present in our bones and teeth, besides being important for skeleton of our body. Calcium has an important role in maintaining normal rhythm of heart, blood coagulation, muscle contraction and nerve irritability. Green leafy vegetables are rich sources of this important mineral.

DIETARY FIBRE (Roughage) is an important constituent of our diet and is provided by vegetables and fruits. It helps in normal peristaltic movement thus reported to prevent bowel diseases and cancer of the colon. It also helps in preventing diet related chronic diseases like diabetes, hypertension, cardio vascular diseases.

INCORPORATE SEASONAL VEGETABLES AND FRUITS IN YOUR DAILY DIET

Fruits are generally considered to be quite expensive but Nature has provided seasonal vegetables and fruits which are available in abundance during their respective seasons at reasonable prices. Seasonal vegetables and fruits are not only nutritious but have the quality of meeting the special needs of the season. Nutritious fruits like Guava, Mango, Papaya, Banana etc. are less expensive during their season.

MANGO available in plenty during summer is very rich in β -Carotene (precursor of Vitamin A). Mango should be incorporated in the diet of all age groups including infants. Adequate consumption of mango during season can take care of Vitamin A requirement of the body for the whole year as Vitamin A gets stored in the liver.

GUAVA AND CITRUS FRUITS like Orange, Mausambi and Lime are available at reasonable prices during winter. Daily consumption of one of these fruits will ensure adequate intake of Vitamin C.

Some fruits are available in plenty in different regions of the country during season such as Custard Apple, Grapes, Apple, Lichi, Orange etc. Banana available almost throughout the year, not only provides vitamins and minerals but also energy and hence is a good supplement for infants and children.





CARROTS available in plenty during Winter are important source of Vitamin A (as β Carotene). Efforts should be made to consume carrots in different forms like Vegetable preparation, Salad, Halwa, Kheer etc. **Grated carrots and pumpkin cooked with sugar or jaggery is an important complementary food for infants.**

Vegetables consumed in raw form are good source of Vitamin C. Cucumber, Radish, Lettuce, Cabbage, Tomato, Onion or Carrots with lime should be incorporated in the daily diet as salad.

PEAS AND BEANS are important sources of protein in our diet besides providing vitamins, minerals and roughage. The intake of these vegetables should be ensured in season.

CONSERVE MAXIMUM NUTRIENTS IN FRUITS & VEGETABLES THROUGH PROPER HANDLING

Improper handling of fruits and vegetables can lead to appreciable loss of their important nutrients. Much care should, therefore, be taken while processing and cooking these foods. Observe some of the following important principles to conserve maximum nutrients:—

- Consume fruits and vegetables as fresh as possible. Store them in a refrigerator or in cool place as storing at hot temperature results in destruction of Vitamins.
- Remove the skin as thin as possible since a large part of the Vitamins and Minerals lie just under the skin of fruits and vegetables.
- Do not throw the leafy tops of vegetables like radish, carrots, beetroot etc. Use them in preparations like bhujias, dal, chapaties, paranthas and salad.
- Thoroughly wash leafy vegetables before cutting. Never wash them after cutting.
- Cook in minimum amount of water for a short-time in a covered vessel.

INCLUDE SEASONAL FRUITS AND VEGETABLES IN YOUR DAILY DIET FOR HEALTH AND VIGOUR

VITAMINS AND MINERALS CONTENT OF SOME FRUITS & VEGETABLES

Name of Fruits & Vegetables	VITAMINS (per 100g. edible portion)		MINERALS (per 100g. edible portion)	
	Vitamin A as β Carotene μ g	Vitamin C mg	Iron mg	Calcium mg
FRUITS				
Amla	9	600	1.2	50
Apple	0	1.0	1.2	36
Bael Fruit	55	8	0.6	85
Banana (Ripe)	78	7	0.36	17
Custard Apple (Seethaphal)	0	37	4.31	17
Grapes (Pale green)	0	1.0	0.52	20
Guava (country)	0	212	0.27	10
Jack Fruit	175	7	0.56	20
Jamun (Jambu)	48	18	0.43	15
Lichi	0	31	0.7	10
Lime	15	63	0.3	90
Mahua	307	40	0.23	45
Mango (Ripe)	2743	16	1.3	14
Orange	1104	30	0.32	26
Papaya (Ripe)	666	57	0.5	17
Pineapple	0	39	2.42	20
Pomegranate	—	16	1.79	10
Sapota (Cheeku)	97	6	1.25	28
Tomato (Ripe)	351	27	0.64	48
LEAFY VEGETABLES				
Amaranth, tender	5520	99	3.49	397
Cabbage	120	124	0.8	39
Drumstick leaves	6780	220	0.85	440
Fenugreek leaves	2340	52	1.93	395
Lettuce	990	10	2.4	50
Mint	1620	27	15.6	200
Mustard leaves	2622	33	16.3	155
Radish leaves	5295	81	0.09	265
Spinach	5580	28	1.14	73
ROOTS AND TUBERS				
Beet root	0	10	1.19	18.3
Carrot	1890	3	1.03	80
Colocasia	24	0	0.42	40

Name of Fruits & Vegetables	VITAMINS (per 100g. edible portion)		MINERALS (per 100g. edible portion)	
	Vitamin A as β Carotene μ g	Vitamin C mg	Iron mg	Calcium mg
Onion	0	11	0.60	50
Potato	24	17	0.48	10
Radish, Pink	3	17	0.37	50
Turnip	0	43	0.4	30
Yam, elephant	260	0	0.6	50
Yam, ordinary	78	—	1.19	35
Ash gourd	0	1	0.8	30
Bitter gourd	126	88	0.61	20
Bottle gourd	0	0	0.46	20
Brinjal	74	12	0.38	18
Cauliflower	30	56	1.23	33
Cucumber	0	7	0.60	10
Drumstick	110	120	0.18	30
French Beans	132	24	0.61	26
Knol-Khol	21	85	0.54	20
Ladies Finger	52	13	0.35	66
Mango, Green	90	3	0.33	10
Parwar	153	29	1.7	30
Peas	83	9	1.5	20
Plantain, green	30	24	6.27	10
Pumpkin	50	2	0.44	10
Tomato green	192	31	1.8	20



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