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What are you trying to do for fitness?

## Vegetables: All Created Equal. . .Or Maybe Not?

We all know that vegetables are good for us, but which ones are the best? From simple interviews with individuals, most say they don't eat their vegetables because they don't like them for many different reasons – taste, texture, cost and the list goes on. So if you are going to expend yourself and go out on a limb to eat vegetables, you might as eat the best ones for you. In the January/February 2009 issue of Nutrition Action Healthletter they ranked vegetables based on calories, vitamin K, Lutein, Vitamin C, Potassium and Fiber to give each one an overall score. The rankings were classified into three categories of Superstars (scores of 150+), Not Exactly Chopped Liver (scores of 50-149) and Love 'Em Anyway (scores of 0-49). Topping the list of each category is below and for the full list, check out their full article.

### SuperStars

1. Kale
2. Spinach
3. Collard Greens
4. Turnip Greens
5. Swiss Chard
6. Raw Spinach
9. Sweet Potato
11. Broccoli, raw
12. Carrots, raw
13. Red Bell Pepper, raw
22. Tomato, raw

### Not Exactly Chopped Liver

1. Tomato
2. Arugula, raw
3. Snow Peas
5. Asparagus (6spears)
9. Zucchini

### Love 'Em Anyway

1. Parsnips
2. Corn
3. Jicama, raw
8. Yellow Squash
10. Portobello Mushrooms
11. Peeled cucumber