

Healthiest Vegetables List of Vegetables



The list of vegetables below can help you get healthy and stay healthy. How do we know these are the healthiest vegetables to eat?

Research says so! This healthiest vegetables list has all the healthiest vegetables.

Every single public health agency and health authority recommends that you eat at least 3 to 5 servings a day from the healthiest vegetables list. Yet only 9% of the population get the recommended amounts.

And over half eat NO veggies at all – much less the healthiest vegetables!

But eating more of the healthiest vegetables from our list of vegetables can provide you with some amazing health benefits. Here are just a few:

- Less chance of weight gain,
- Better teeth and bone structure,
- A 41% lower risk of heart disease,
- 22% reduced risk of certain cancers,
- Improved memory and brain functioning,
- And colds, flu and infection immunity protection.

But even healthy vegetables vary in nutritional value. And those with high pesticide levels (noted in parentheses) should be bought organically.

Here are some examples of vegetable nutrition facts that are noted in the list of vegetables below (potential negatives are listed in parentheses).

- High in soluble or insoluble fiber
- High in vitamins, such as A, C, E, K & folate
- High in minerals, such as potassium, manganese & iron
- High in phytonutrients – carotenoids, cruciferous and flavonoids

The Healthiest Vegetables List of Vegetables to Eat

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

This list of vegetables is the healthiest vegetable list and the best healthy vegetables list you can use to choose the healthiest vegetables to eat.

Phytonutrients, Carotenoids - **Definition:** Compounds in plants (apart from vitamins, minerals, and macronutrients) that have a beneficial effect the body. There are over 10,000 of them, and they have effects such as antioxidant, boosting the immune system, anti-inflammatory, antiviral, antibacterial, and cellular repair. Highly colored vegetables and fruits tend to be highest in these chemicals, but tea, chocolate, nuts, flax seeds, and olive oil are all excellent sources as well.