



The most useful vegetables |



Tomato

- Though technically it is fruit, tomatoes most often consider as vegetables. Are rich with lycopene, these beautiful red fruits are famous for the opportunity in fight against cancer. They not only are stout vitamins (from And to To), but also control arterial pressure.
- Tomatoes use in the raw, extinguish, bake, stuff, preserve, dry, cook from them adjika, ketchup, add to borsch, do salads, vegetable stews and many other delicacies.



Broccoli

- Exists a little in the world of such products whose potential in the field of fight against diseases would be comparable with a broccoli potential. This vegetable from family the krestotsvetnykh abounds with antioxidants which reduce risk of developing of cancer of stomach, lungs and a rectum. Besides, as broccoli it is also rich with vitamin C, beta carotene and salts of folic acid, it perfectly strengthens immunity to cold and flu.
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Brussels sprout

- These small green vegetables are especially useful to women during pregnancy as they contain folic acid and vitamins of group B which prevent appearance of defects of a nervous tube. Brussels sprout is also vitamin-rich K and C, fibers, potassium and fatty acids an omega-3.
- He strengthens immune system, increases organism resilience, reduces stress and fatigue. On the content of vitamin C Brussels sprout doesn't concede to blackcurrant.



Carrots

- These orange vegetables abound with the nutrients improving sight, a condition of skin and a hair. Besides, carrots are the richest source of such important antioxidants as vitamin A. Thanks to the content of vitamin C, this vegetable helps to keep health of cardiovascular system.



Pumpkin

- Pumpkin is an excellent source of such anti-inflammatory substances as beta carotene and vitamin C. This vegetable helps at treatment of tens of diseases and indispositions, such as asthma, osteoarthritis and rheumatoid arthritis. In pumpkin there is also a lot of potassium, magnesium and fibers.

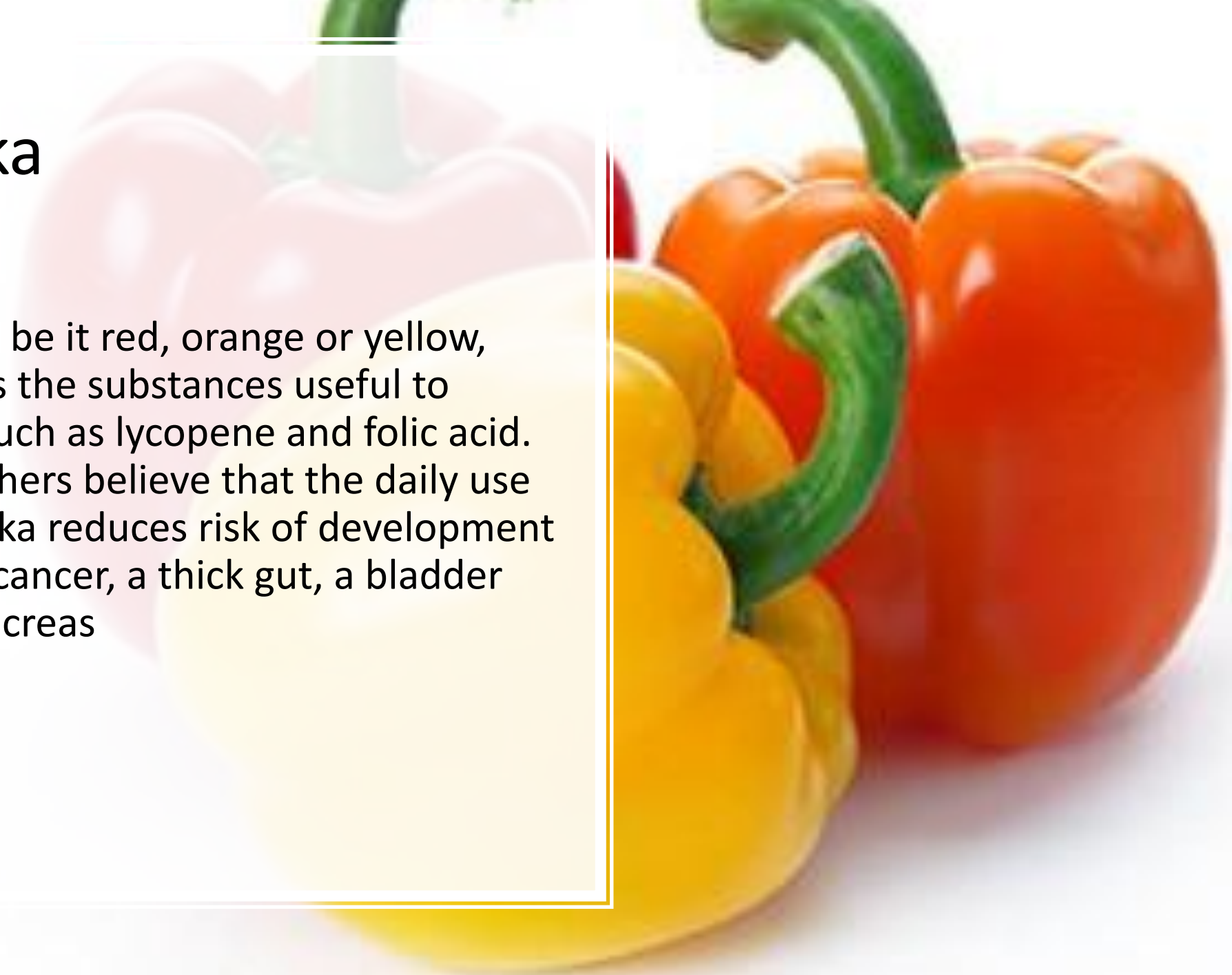
Eggplant

- The eggplant abounds with the nutrients strengthening health of heart. In these vegetables there are a lot of such antioxidants as the unique substance protecting cells of a brain from destruction. In a type of abundance of rough fibers and potassium in an eggplant, researchers believe that this vegetable reduces risk of development of weak-mindedness and paralysis.



Paprika

- Paprika, be it red, orange or yellow, contains the substances useful to heart, such as lycopene and folic acid. Researchers believe that the daily use of paprika reduces risk of development of lung cancer, a thick gut, a bladder and pancreas



Onions

- This vegetable with a pungent smell is especially useful to the people having osteoporosis as onions contain the GPCS peptides which are slowing down process of destruction of calcium in an organism. Onions are also effective in fight against diseases of heart and diabetes thanks to vitamin C and salts of folic acid.



Spinach

- This vegetable sated with a chlorophyll contains practically all set of the existing vitamins and nutrients necessary for a human body. Researchers say that the diet based on spinach can prevent any illness, from heart failure to a cancer of a rectum and osteoporosis.



Sweet potato

- Sweet potatoes, or sweet potato, are a source of the substances helping with fight against cancer such as A and C vitamins and manganese. This root crop is also rich with iron and rough fibers, and therefore sweet potato not only gives to an organism energy, but also helps work of a gastrointestinal tract.



Ratatouille

- Mix from the most useful vegetables moreover and the most useful way - in an oven. Two types of sweet pepper, tomatoes, chesnok. Baklazhana, olive oil and onions are a part of the French dish. mixed vegetables will bring an etot not only flavoring pleasure, but also huge advantage for an organism.



Fried eggs with tomatoes and onions

- Onions and tomatoes contain a large amount of selenium which plays an important role in development of reproductive system of an organism. Selenium is acquired only in combination with vitamin E which contains in eggs. These products need to be used at the same time. Fried eggs with tomatoes and green onions will provide you with necessary norm of vitamin E and selenium. The main thing not to overroast it on a frying pan as at long thermal treatment of substance collapse. Such simple, but useful dish!



Stewed cabbage

- The stewed cabbage is a low-calorie dish. It contains B2 vitamin which is capable to normalize a power exchange that positively influences a state of our mucous coat, bones and skin. Also in stewed cabbage the high content of RR vitamin. This vitamin is known that it strengthens a vascular wall, and also possesses vasodilatory action. The portion of stewed cabbage (200 g) contains standard daily rate of vitamin C for a human body. Antioxidant properties of vitamin C contribute to normalization of cholesterol in blood. Besides, such dish contains cellulose which strengthens work of intestines, and eliminates emergence of problems with digestion.

