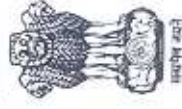


CONSUME GREEN LEAFY VEGETABLES DAILY



**AND IMPROVE
YOUR VITALITY**



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

GOOD EYES NEED VITAMIN A

VITAMIN A PREVENTS BLINDNESS

GOOD BLOOD NEEDS IRON

IRON PREVENTS ANAEMIA

GREENS ARE FULL OF VITAMIN A AND IRON

GREEN LEAFY VEGETABLES ARE HIGHLY NUTRITIOUS

Green leafy vegetables are a storehouse of important minerals and vitamins and are, therefore, classified as, protective foods. These are rich sources of Iron, Calcium, Vitamin A (as Carotene), Vitamin C and Vitamins of B-Complex Group particularly Riboflavin and Folic Acid. These leafy vegetables also provide some proteins though in small quantities. The green leafy vegetables when mixed with cereal-pulse combination enhances the quality of protein of the diet. Leafy vegetables help in building strong bones, healthy teeth and gums.

GREEN LEAFY VEGETABLES ARE GOOD FOR EYES

Vitamin A is a nutrient which is specially important for the health of the eyes in small children. In the absence of adequate amounts of Vitamin A in the body, the eye balls lose their usual moist white appearance and become dry and wrinkled. There is inability to see in dim light (Night blindness). This is the early stage of Vitamin A deficiency and if not treated in time, the eyes may become absolutely red and the cornea (black portion of the eye) may finally burst leading to permanent blindness.

Though Vitamin A is present only in foods of animal origin like butter, ghee, whole milk, curd, egg yolk and liver, nature has provided a safeguard by giving us green leafy vegetables which contain a substance known as 'Beta Carotene'.

When consumed Carotene gets converted into Vitamin A in our body and helps protect our eyes.

Green leafy vegetables by virtue of having large amount of Carotene in them not only protect our eyes but also promote physical growth in children and help in building up resistance to diseases.

GREEN LEAFY VEGETABLES ARE GOOD FOR BLOOD

Our body needs nutrients like Iron, Folic Acid, Vitamin B₁₂, Protein and Vitamin C to make our blood healthy. If we do not get enough of these nutrients in our food, specially Iron, we may suffer from Anaemia, a condition in which the red pigment of the blood known as haemoglobin gets reduced. Anaemia can affect any age-group but is more widely prevalent among women of child bearing age and children. Anaemia reduces the working capacity of the person and may also lead to pre-mature deliveries, low-birth weight babies, maternal deaths and many other abnormalities. Tiredness, loss of appetite, breathlessness on slight exertion, giddiness, paleness of skin particularly inside the lower eyelids, face, tongue, lips and nailbeds are some of the common signs of anaemia.

Green leafy vegetables are rich sources of Iron and consumption of about 50 gms. of such vegetables in the daily diet can take care of body's iron requirements considerably. Vitamin C present in green leafy vegetables helps to absorb iron more efficiently.

DO YOU KNOW THAT THE CONTENT OF VITAMIN A (AS BETA CAROTENE) AND IRON IN GREEN LEAFY VEGETABLES IS MUCH MORE THAN IN MANY OF THE COSTLY FRUITS AND VEGETABLES!

GREEN LEAFY VEGETABLES ARE A GOOD SOURCE OF DIETARY FIBRE

The fibre content (roughage) of the diet has many health generating properties. The roughage supplied by leafy vegetables helps in easy bowel movement and prevents cancer of colon. β Carotene of green and yellow vegetables is an effective anti-oxidant and gives protection from diet related chronic diseases like diabetes, hypertension, cardio vascular diseases, etc.

GREEN LEAFY VEGETABLES ARE INEXPENSIVE

The green leafy vegetables, which are essential for growth and maintenance of normal health, are an inexpensive source of many nutrients. They can be easily grown in kitchen gardens or even in pots.

INCORPORATE LEAFY VEGETABLES IN YOUR DAILY DIET

Spinach, Amaranth, Fenugreek Leaves, Drumstick Leaves, Radish Leaves etc., are generally consumed all over the country. These leafy vegetables should be included as an essential component of our daily diet. Besides the traditional dishes which are prepared using green leafy vegetables, the following preparations can also contain green leafy vegetables and used in our daily diet —

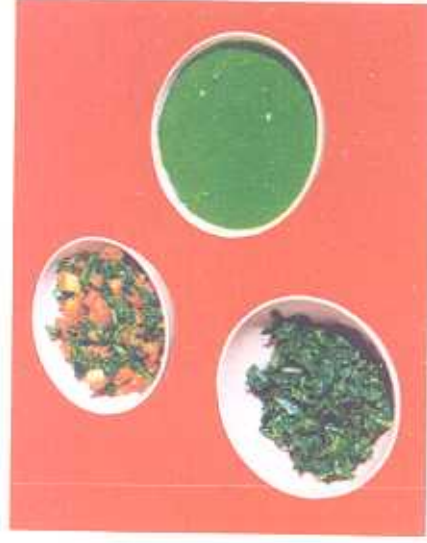
- Mix chopped leafy vegetable with cereal flour for making chapatis, missi roti, paranthas etc.
- Cook leafy vegetable with a little amount of water for a short-while and make the dough for puris with this.
- Add leafy vegetable to preparations like khicheri and uppama.
- Prepare dal with leafy vegetable
- Prepare cheela with leafy vegetable and bengal gram flour.
- Prepare mixed vegetables by including leafy vegetables.
- Prepare bhujias from leafy tops of carrot, radish, turnip, beetroot, cauliflower etc. and other leafy vegetables.
- Prepare raitas with leafy vegetables.
- Prepare chutneys with leafy vegetables and incorporate coconut or groundnut



TIPS FOR BETTER COOKING OF LEAFY VEGETABLES

COOK LEAFY VEGETABLES CAREFULLY TO CONSERVE MAXIMUM NUTRIENTS

- Wash leafy vegetables thoroughly before chopping, particularly when used as salad.
- Use minimum amount of water for cooking.
- Do not throw away the water in which the leafy vegetables have been cooked. Use it in dals, soups or for dough, if left.
- Cook leafy vegetables for a short time.
- Cook them in a covered vessel.
- Avoid deep frying of leafy vegetables.



USE LEAFY VEGETABLES THROUGHOUT THE YEAR BY DEHYDRATING THEM

Leafy vegetables when available in plenty at low-cost can be purchased in bulk. These should be cleaned, washed and spread on a clean sheet covered with a black polythene sheet for drying. When completely dried, powder them coarsely by rubbing with hands and store in air-tight containers. Use when fresh supply is not available.

EAT AT LEAST ONE PREPARATION OF LEAFY VEGETABLES EVERYDAY

NUTRITIVE VALUE OF SOME GREEN LEAFY VEGETABLES (PER 100g. OF EDIBLE PORTION)

S.L. No.	Name	Iron mg	Calcium mg	Vitamin A (as B Carotene µg)	Vitamin C mg
1.	Amaranth tender	3.49	397	5,520	99
2.	Bathua leaves	4.2	150	1,740	35
3.	Beet greens	16.2	380	5,862	70
4.	Bengal gram leaves	23.8	340	978	61
5.	Cabbage	0.8	39	120	124
6.	Carrot leaves	8.8	340	5,700	79
7.	Cauliflower greens	40.0	626	—	—
8.	Celery leaves	6.3	230	3,990	62
9.	Colocasia leaves	10.0	227	10,278	12
10.	Coriander leaves	1.42	184	6,918	135
11.	Curry leaves	0.93	630	7,560	4
12.	Drumstick leaves	0.85	440	6,780	220
13.	Fenugreek leaves	1.93	395	2,340	52
14.	Katha-Sag	—	263	—	—
15.	Khol-Khol greens	13.3	740	4,146	157
16.	Lettuce	2.4	50	990	10
17.	Mint	15.6	200	1,620	27
18.	Mustard leaves	16.3	155	2,622	33
19.	Radish leaves	18.0	310	5,295	81
20.	Rape leaves	12.5	370	1,380	65
21.	Spinach	1.14	73	5,580	28
22.	Turnip greens	28.4	710	9,396	180