



The Healthiest Vegetables

The score for each of the following vegetables came by adding up its percentage of the recommended daily allowance for six major nutrients plus fiber. This is an interesting document to which we have made some NZ appropriate changes. Interesting that kumara scores so high, and even outperforms spinach and broccoli.

Vegetable <i>(1/2 cup cooked, unless noted)</i>	Score
Kumara (1)	582
Carrot, raw (1)	434
Carrots	408
Spinach	241
Bok choy or Chinese greens	181
Red capsicum , raw	166
Kale	161
Dandelion greens	156
Spinach, raw	152
Broccoli	145
Potato, baked (with skin) (1)	114
Mixed vegetables, frozen	111
Squash, winter	110
Swiss chard	105
Snow peas	90
Mustard greens	85
Kohlrabi	82
Romaine lettuce	78
Cauliflower	77
Asparagus	75
Green capsicum, raw (1/2)	67
Potato, baked (no skin) (1)	67
Parsley, raw (1/4 cup)	66
Green peas, frozen	64
Avocado (1/2)	63

Vegetable <i>(1/2 cup cooked, unless noted)</i>	Score
Okra	61
Endive, raw (1 cup)	56
Parsnips	53
Swede	48
Cabbage, cooked	47
Artichoke (1/2)	46
Mushrooms	43
Cabbage, raw	39
Corn (1)	39
Lettuce, raw (1 cup)	38
Green beans	37
Tomato, raw (1/2)	37
Beetroot	32
Squash, summer	31
Onions	27
Green beans, canned	26
Turnips	26
Lettuce leaf (1 cup)	25
Corn, frozen	23
Lettuce, iceberg (1 cup)	22
Radishes, raw (1/4 cup)	17
Celery, raw (1 stalk)	14
Eggplant	12
Alfalfa sprouts (1/2 cup)	11
Cucumber, raw	11
Garlic, raw (1 clove)	3