



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. Interesting that sweet potato scores so high, and even out-performs spinach and broccoli.

| Vegetable <i>(1/2 cup cooked, unless noted)</i> | Score |
|---|--------------|
| Sweet potato (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 |