

Various types of vegetables are sold in the market to prepare a number of healthy and relishing dishes. It is also known to most of the people that these vegetables are very rich sources of nutrients especially vitamins, minerals and roughages. Some of the vegetables are very good sources of water too. We all know that these vegetables provide nutrition but it is rare to have thoughts about the amount of nutrition each vegetable is contributing to carry out the metabolic activities and regulatory mechanics of our body. Vegetables are considered as natural medicines that have healing properties and help in building up the immune system of the body.

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