

Healthiest Vegetables

Carrots

Carrots are full of vitamin A which helps with our [vision](#), especially night vision. Vitamin A also helps protect our immune system.

Broccoli

[Broccoli](#) has antioxidant and anticancer properties. Broccoli is often seen as a health promoting food because it's low in calories and high in micronutrients, including vitamin C, vitamin A, and vitamin K.

Mushrooms

[Mushrooms](#) have many health benefits. They help with cognition, weight management and lower the risk of disease. Using mushrooms as a replacement for meat has [positive effects](#) on body weight and overall health.

Kale

Kale is a leafy green that is full of vitamin K. Just ½ cup of [kale](#) provides us with 440% of the recommended daily value. Vitamin K is important for blood clotting.

Turnips

Turnips are a root vegetable rich in fiber and micronutrients including calcium, phosphorus, potassium and sodium. Turnips are relatively inexpensive and have a neutral taste which allows them to be cooked in a variety of ways.

Spinach

Spinach has tons of [vitamin A](#) (over half of the recommended daily amount!) which helps boost and enhance our immune system. Other benefits of spinach are the high amounts of vitamin K and calcium that it contains.

Asparagus

Asparagus are low in calories and high in fiber and micronutrients such as folate, vitamin C, vitamin A and vitamin K.

Lentils

Lentils are considered both a vegetable and a protein which makes them an excellent choice. [Lentils](#) are high in fiber and provide 50% of our daily folate and 45% of our daily iron recommendations.

Green Beans

Green beans are a good source of vitamin A, vitamin C, vitamin K, and fiber. Green beans are easily accessible and affordable- you can buy them raw or canned.

Beets

[Beets](#) are an anti-inflammatory and antioxidant vegetable. Beets have been shown to have positive effects on blood pressure and oxidative stress.

Tomatoes

Tomatoes contain lycopene's, which give the vegetable its red color. [Research](#) has shown that lycopene's support vascular health and help prevent cardiovascular disease.

Onions

Onions contain a flavonoid called quercetin. [Quercetin](#) has been shown to improve mental and physical performance and reduce infection risk during exercise.

Eggplant

Eggplants are a versatile vegetable with a sponge-like texture that absorbs the flavor of whatever it is being cooked with. [Studies](#) have shown that eggplant has contains cardioprotective compounds.

Sweet Potato

Sweet potatoes are a complex carbohydrate filled with vitamins and minerals. [Sweet potatoes](#) are one of the best sources of beta-carotene, which is an antioxidant that converts to vitamin A.