

# 100+ Nutrition Facts About 25 Well-Known Foods

Some foods naturally contain disease-fighting, health promoting properties, while others contain elements that may hinder your health goals. Find out information that may surprise you with these helpful food facts.

Dr. Mercola's  
Nutrition Plan

## **VEGGIES ADDRESSED**

Asparagus  
Avocado  
Bananas  
Beet Greens/Root  
Broccoli  
Celery  
Cilantro  
Chicory  
Chinese Cabbage  
Dandelion Greens  
Fennel  
Green Beans  
Jicama  
Kale  
Kohlrabi  
Mustard Greens  
Onions  
Parsley  
Peanut Butter  
Peanuts  
Pumpkin Seeds  
Radishes  
Sweet Potato  
Tomatoes  
Zucchini

### Asparagus

Asparagus is high in glutathione, an important anticarcinogen  
It also contains rutin, which protects small blood vessels from rupturing and may protect against radiation  
Asparagus is a good source of vitamins A, C and E, B-complex vitamins, potassium and zinc

### Avocado

Avocados are rich in monounsaturated fat, which is easily burned for energy.  
An avocado has more than twice as much potassium as a banana.  
For a delicious, creamy salad dressing, mix together avocado and fresh carrot juice.

### Bananas

You don't need to eat bananas for the potassium! (Although it is present in bananas, potassium is the predominant nutrient among most all fruits and vegetables.)

Bananas are high in sugar, so they should not be eaten if you have blood sugar problems.

Don't eat bananas on an empty stomach; combining them with a bit of protein will help to normalize the insulin response caused by the sugar in the banana.

Green-tipped bananas are better for your health than over-ripe bananas.

On a side note: Because bananas are so popular, rainforests are often destroyed to make way for banana plantations.

### Beet Greens/Root

Beet greens contain notable amounts of calcium, iron, magnesium and phosphorus

They also contain vitamins A, B-complex and C

Beet roots are high in carbohydrate levels and should therefore be used sparingly

### Broccoli

Broccoli contains twice the vitamin C of an orange

It has almost as much calcium as whole milk--and the calcium is better absorbed

It contains selenium, a mineral that has been found to have anti-cancer and anti-viral properties

Broccoli is a modest source of vitamin A and alpha-tocopherol vitamin E

It also has antioxidant properties

### Celery

Celery is the best vegetable source of naturally occurring sodium.

It is high in potassium.

The high water content in celery makes it ideal for vegetable juicing.

As an easy way to reduce grains in your diet, spread peanut butter on celery rather than bread.

### Cilantro

Cilantro may be useful to treat urinary tract infections

Both the leaves and seeds aid digestion, relieve intestinal gas, pain and distention

They also treat nausea, soothe inflammation, rheumatic pain, headaches, coughs and mental stress

Cilantro is a member of the carrot family

### Chicory

Chicory contains inulin, which helps diabetics regulate their blood sugar levels

Chicory is closely related to lettuce and dandelion but is a member of the sunflower family

It may be cleansing to the liver and gallbladder

Chicory is beneficial for digestion, the circulatory system and the blood

Chicory leaves are a good source of calcium, vitamin A and potassium

### Chinese Cabbage

Chinese cabbage has anti-inflammatory properties

It is an excellent source of folic acid

Chinese cabbage is low in calories and low in sodium

It is also high in vitamin A and a good source of potassium

### Dandelion Greens

Dandelion is beneficial to digestion and is an antiviral that may be useful in the treatment of AIDS and herpes

It may also be useful in treating jaundice, cirrhosis, edema due to high blood pressure, gout, eczema and acne

Dandelion is also used to treat and prevent breast and lung tumors and premenstrual bloating

Dandelion greens are high in vitamin A in the form of antioxidant carotenoid and vitamin C

They also contain calcium and potassium

Dandelion root contains inulin, which lowers blood sugar in diabetics

### Fennel

Fennel contains the antioxidant flavonoid quercetin

This herb is anticarcinogenic and can be useful for cancer patients undergoing chemotherapy or radiation

Fennel can be useful for indigestion and spasms of the digestive tract

It also helps expel phlegm from the lungs

### Green Beans

Fresh beans contain vitamin A, B-complex vitamins, calcium and potassium

Green beans are diuretic and may be used to treat diabetes

A fresh bean should snap crisply and feels velvety to the touch

### Jicama

Jicama is low in sodium and high in potassium

It has a slightly sweet flesh that's on the order of water chestnuts, but crunchier

Due to their high carbohydrate content, they should be used sparingly

### Kale

Kale eases lung congestion and is beneficial to the stomach, liver and immune system

It contains lutein and zeaxanthin, which protect the eyes from macular degeneration

It also contains indole-3-carbinol, which may protect against colon cancer

Kale is an excellent source of calcium, iron, vitamins A and C, and chlorophyll

### Kohlrabi

Kohlrabi, which belongs to the cabbage family, is an excellent source of vitamin C and potassium

It is also high in fiber

Kohlrabi helps to stabilize blood sugar and is therefore useful hypoglycemia and diabetes

It can also be effective against edema, candida and viral conditions

### Mustard Greens

Mustard greens are an excellent anticancer vegetable

They may also be beneficial for colds, arthritis or depression

While mustard greens sold in the United States are relatively mild in flavor, some mustard green varieties, especially those in Asia, can be as hot as a jalapeno pepper depending on their mustard oil content

### Onions

Onions are an excellent antioxidant, and they contain anti-allergy, antiviral and antihistamine properties.

Sulfur compounds in onions help to detoxify the body.

Onions aid in cellular repair.

Onions are a rich source of quercetin, a potent antioxidant.

To obtain the maximum nutritional benefits, onions should be eaten raw or lightly steamed.

### Parsley

Parsley is useful as a digestive aid

It helps to purify the blood and stimulate the bowels

Parsley is an anticarcinogen

It contains three times as much vitamin C as oranges, and twice as much iron as spinach

Parsley contains vitamin A and is a good source of copper and manganese

For a natural breath freshener, try a sprig of parsley!

### Peanut Butter

When buying peanut butter, only buy organic varieties.

Non-organic peanut butters are high in pesticides and fungus and contain aflatoxin, a potent carcinogenic mold.

To increase the protein in peanut butter (peanuts have about the same amount of protein as soy), Brewer's yeast can be mixed in. This is especially useful for vegetarians.

### Peanuts

Peanuts contain beneficial protein, but many people are allergic to them and find them hard to digest.

They also contain aflatoxin, a carcinogenic, which may explain why peanut farmers have been found to have disproportionately high rates of cancer.

Peanuts are high in fungus and, often, pesticides.

They do not contain any omega-3, which can contribute to distorting your omega-6:omega-3 ratio.

The peanut is actually a legume, not a nut (which is why they are often roasted). Peanuts contain about the same amount of protein as soy and are low in starchy carbohydrates.

Did you know? George Washington Carver was largely responsible for popularizing the peanut as a food in America.

### Pumpkin Seeds

Pumpkin seeds are high in zinc, which is good for the prostate and building the immune system.

They also contain fatty acids that kill parasites.

Raw pumpkin seeds contain essential fatty acids and beneficial proteins.

For maximum nutritional benefits, seeds should be eaten raw.

Roasted seeds contain damaged fat that can lead to plaque in the arteries.

### Radishes

Radishes have antibacterial and anti-fungal properties

They are a member of the cabbage family

Radishes contain vitamin C, potassium and other trace minerals

Grown in Egypt since at least 2780 B.C., radishes were originally black

### Sweet Potato

Sweet potatoes are an excellent source of carotenoid antioxidants

They contain calcium, are high in vitamins A and C and contain thiamine

Be careful: eating too many may cause abdominal swelling and indigestion

Sweet potatoes are also high in sugar and therefore should be used sparingly

Sweet potatoes are not related to the potato nor the yam--they are actually a member of the morning glory family

### Tomatoes

Tomatoes are rich in lycopene, flavonoids and other phytochemicals with anticarcinogenic properties

Tomatoes are an excellent source of vitamin C (the vitamin C is most concentrated in the jelly-like substance that surrounds the seeds)

They also contain vitamin A and B-complex vitamins, potassium and phosphorus  
A tomato grown in a hothouse has half the vitamin C content as a vine-ripened tomato

### Zucchini (Summer Squash)

Zucchini and other summer squash varieties contain vitamins A and C

They also contain potassium and calcium

The flavor of zucchini is best when it is less than six inches long

Zucchini can grow as large as baseball bats but have little flavor when they reach this size