



Leaves as Vegetables: Food Significance and Nutritional Information

By Roby Jose Ciju

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Leafy vegetables or vegetable greens are considered to be richest source of dietary fiber, vitamins and minerals. Daily consumption of minimum 100 to 150 grams of leafy vegetables along with a main diet is recommended by many health experts for balanced nutrition of a human body. Apart from its health-providing properties many leafy vegetables are considered to have medicinal benefits also, especially those vegetable greens which are loaded with antioxidant vitamins and minerals.



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