

Top 10 Healthiest Vegetables

The 10 healthiest vegetables, from leafy greens and broccoli to sweet potatoes and tomatoes, with the evidence, servings, and warfarin and kidney cautions.

1 Spinach

Vitamin K, folate, nitrate, lutein

Serving: 1 cup raw or 1/2 cup cooked
Folate, vitamin K, and nitrate in one leaf.

2 Kale

Vitamin K, vitamin C, calcium

Serving: 1 cup raw
Calcium and vitamin C in a cruciferous green.

3 Broccoli

Glucosinolates, vitamin C, fiber

Serving: 1 cup
Sulforaphane precursors and fiber.

4 Sweet Potatoes

Beta-carotene, fiber, potassium

Serving: 1 medium
Beta-carotene and fiber-rich starch.

5 Tomatoes

Lycopene, potassium, vitamin C

Serving: 1 cup or 1/2 cup sauce
Lycopene and potassium for heart health.

6 Carrots

Beta-carotene, fiber

Serving: 1 cup or 2 medium
The classic source of beta-carotene.

7 Beets

Nitrate, folate, potassium

Serving: 1/2-1 cup
Dietary nitrate for blood vessel function.

8 Bell Peppers

Vitamin C, vitamin A

Serving: 1/2-1 cup
Very high vitamin C content.

9 Mushrooms

Vitamin D (UV-exposed), selenium, B vitamins

Serving: 1 cup
Rare vegetable source of vitamin D.

10 Cabbage and Brussels Sprouts

Glucosinolates, vitamin C, vitamin K

Serving: 1 cup
Inexpensive cruciferous vegetables.

How to use this list: pick two or three foods to add this week, build on them over time and aim for variety. Full evidence, cautions and sources are on the web guide: healatlasc.com/healthy-foods/vegetables/