



Vegetable Guidelines



Vegetable	Daily Serving	Sample Foods	Primary Antioxidants
Dark leafy greens and cruciferous vegetables	At least one	Spinach, dark green varieties of lettuce, collard greens,* mustard greens,* romaine, broccoli,* cabbage,* cauliflower,* rutabaga,* turnips,* kale,* Brussels sprouts,* oriental cabbage,* arugula,* watercress,* radish,* daikon,* wassabi,* bok choy*	Carotenoids (<i>lutein, zeaxanthin, beta-carotene</i>); flavonoids (<i>quercetin, kaempferol, myricetin</i>); organosulfur compounds* (<i>indoles, isothiocyanates</i>)
Red/purple vegetables	At least one	Beets, catsup, salsa, cooked tomato products (such as tomato sauce), tomatoes, sun-dried tomatoes, low sodium vegetable juice, eggplant, red pepper, red onion, radicchio	Carotenoids (<i>lycopene</i>); flavonoids (<i>anthocyanins</i>)
Yellow/orange	At least one	Carrots, peppers (orange, yellow), pumpkin,	Carotenoids (<i>beta-carotene</i> ,



The Mediterranean Nutritionist

How to follow The Mediterranean Diet for better health and longevity

vegetables		winter squash, corn, sweet potatoes, yellow tomatoes	<i>beta-cryptoxanthin, lycopene)</i>
Green herbs	Use liberally, at least once	Basil, bay leaves, cilantro, dill weed, marjoram, mint, oregano, parsley, rosemary, sage, tarragon, thyme	Flavonoids (<i>apigenin, luteolin, quercetin</i>); phenolic acids (<i>rosmarinic acid, caffeic acid</i>)
Allium vegetables	Use liberally, at least once	Garlic, onions, green onions (chives), shallots, leeks	Organosulfur compounds (<i>allicin</i>); flavonoids (<i>quercetin, kaempferol, myricetin</i>)
Other vegetables	At least one	Artichoke, asparagus, celery, cucumber, green beans, green peppers, mushrooms, okra, parsnip, potatoes, snow peas, water chestnuts, zucchini	Flavonoids (<i>quercetin, kaempferol, myricetin</i>)

***Cruciferous (anti-cancer) vegetables.**