

Recommended Vegetables List

Eating more vegetables is as central to a healthy nutrition plan as lowering/eliminating grains and sugars, drinking more water, or consuming omega-3. But while almost all vegetables are good, some are clearly far better, from a nutritional standpoint, than others. The general rule is: the greener the better (though a few vegetables that are not green made it onto the best-of list below).

At least one-third of all the food you eat should be raw, as cooking and processing can destroy essential micronutrients. Vegetables are an easy and obvious choice to enjoy raw. While [vegetable juicing](#) is an essential part of your nutrition plan at the advanced level, even beginners will find that it is a highly enjoyable and easy way to consume your raw vegetables on a daily basis. If you are searching for a juicer, read about [the juicer I use, and highly recommend](#), which includes a link to my juicer comparison table.

Finally, if at all possible, aim to buy organic, locally-grown vegetables that are in season. If no organic vegetables are available, carefully wash your foods, and remove peels and cores, to minimize your exposure to pesticides and other chemicals.

Highly Recommended Vegetables	
Asparagus	Escarole
Avocado (actually a fruit)	Fennel
Beet greens	Green and red cabbage
Bok Choy	Kale
Broccoli	Kohlrabi
Brussel sprouts	Lettuce: romaine, red leaf, green leaf
Cauliflower	Mustard greens
Celery	Onions
Chicory	Parsley
Chinese cabbage	Peppers: red, green, yellow and hot
Chives	Tomatoes
Collard greens	Turnips
Dandelion greens	Spinach
Endive	Zucchini

Use sparingly due to high carbohydrate levels

Beets	Jicama
Carrots	Winter Squashes
Eggplant	

Reference website: http://www.mercola.com/nutritionplan/recommended_vegetables.htm