

Ontario Department of Agriculture
Women's Institute Branch

Vegetables



In a well selected diet, vegetables are considered one of the most essential foods. Present day knowledge of nutrition points out a definite relationship between food and health. If we hope to be happy, healthy and successful, we must be well fed; we must eat plenty of vegetables. Vegetables are alkaline in reaction and help to keep our body tissues and blood neutral.

SERVE VEGETABLES EVERY DAY TO EVERY ONE

Since vegetables are so important in relation to health, the following practices are recommended:

Eat two vegetables besides potatoes every day. This is the minimum requirement; more may be used to advantage.

Eat tomatoes cooked or uncooked three times a week.

Eat a raw vegetable or fruit on days when tomatoes are not served.

If a wide variety of vegetables is eaten, one will be more certain of getting the needed foodstuffs in correct amounts.

Use vegetables all the year. It is an easy enough matter to have a good supply and variety of vegetables during the garden season, but this is not sufficient. Vegetables should be available throughout the entire year. To make this possible, plan to have a good garden and can, dry and store enough vegetables to last the year.

Remember that Vegetables Furnish:

Vitamins. These are essential for promoting growth, preventing disease, regulating body processes and maintaining a high standard of positive health. Each vitamin has a specific preventive and health promoting quality.

Minerals. These are necessary for the bones, teeth, muscles, nerves and tissues of the body. Calcium, phosphorus and iron are the main minerals and a