

sufficient quantity of each will be assured if a wide variety of vegetables is used as part of the daily diet.

Bulk. The woody fibres or cellulose found in most vegetables provide bulk or roughage, and aid in keeping the digestive tract in good condition thereby preventing or relieving constipation.

Protein. Vegetables contain very little protein in proportion to their weight, except the legumes and in some cases the quality of their protein is poor. For this reason, vegetables should not be depended upon for much of the protein in the diet.

Carbohydrates. Some vegetables, such as potatoes, dried beans and peas, corn, beets and parsnips, do contain starch and sugar, but here again we rely on other sources for our main supply of carbohydrates.

Mineral and Vitamin Content of Common Vegetables

Vegetable	Calcium	Phosphorus	Iron	Vitamins			
				A	B ₁	B ₂	C
Asparagus	good	good	good	variable	*	*	xx
Beans, dried	fair	good	good	x	xx	x	*
Beans, string	good	fair	good	xx	xx	xx	xx
Beets	fair	fair	good	x	x	x	x
Cabbage	good	fair	fair	x to xx	xx	xx	xxx
Carrots	good	fair	fair	xxx	xx	xx	xx
Cauliflower	good	good	good	x	xx	xx	x
Celery	good	good	good	- to xx	xx	*	*
Corn	poor	fair	poor	x to xx	xx	x	x
Lettuce	good	good	good	x to xx	xx	xx	xx
Onions	good	fair	fair	- to x	x	x	xx
Parsnips	good	fair	fair	- to x	xx	*	*
Peas	poor	fair	good	x to xx	xx	xx	xx
Potatoes, Irish	poor	fair	fair	x	xx	x	xx
Potatoes, sweet	poor	poor	poor	xxx	xx	x	xx
Spinach			good	xxx	x	xx	xx
Squash	fair	poor	fair	x to xxx	x	x	*
Tomatoes	fair	good	good	xx	xx	x	xxx
Turnips	good	good	good	- to x	x	x	xx

x indicates that the food contains the vitamin.
 xx indicates that the food is a good source of the vitamin.
 xxx indicates that the food is an excellent source of the vitamin.
 - indicates that the food contains no appreciable amount of the vitamin.
 * indicates evidence is lacking or appears insufficient.

Teach Children To Like Vegetables

Children should be taught when very young to like vegetables. Strained tomato juice is often given to babies instead of orange juice, and even turnip or cabbage juice is used as a substitute. Later, tender vegetables thoroughly and properly cooked and strained are added to the child's diet. In this way, his taste for different vegetables is cultivated. Children, during their period of growth, have a special need for the minerals and vitamins supplied by certain vegetables.

Overcome Vegetable Dislikes

Set a good example by having parents eat and enjoy vegetables.
 Establish co-operation of parents in teaching food habits to children.
 Avoid discussing food at the table. Make the meal pleasant.
 Don't ask the child if he wants the vegetables.
 Don't make a scene if the child won't eat his vegetables.
 Avoid telling him how good vegetables are for him.
 Provide variety of vegetables and methods of cooking to prevent monotony.
 Cook vegetables well, season properly, and serve attractively.

Select and Prepare Vegetables Carefully

1. Select vegetables that are fresh, firm, sound and medium in size for cooking.
2. Keep green vegetables in a cool place until ready to use.
3. Remove insects by placing in water to which salt or vinegar has been added.
4. Wash thoroughly; use a brush for root vegetables.
5. Soak wilted vegetables, unpared, in cold water to freshen them.
6. Pare carefully, for much of the mineral content lies near the surface. Scraping removes less of the minerals than paring.
7. Do not leave pared vegetables standing in cold water for any length of time.
8. Cut vegetables, if necessary, to ensure uniformity of size.
9. Soak dried vegetables in cold water until sufficient moisture is absorbed to make them resemble fresh ones.

Master Vegetable Cookery

Do you know that vegetables are more frequently improperly cooked than any other type of food? When we are served anaemic looking beets, grey potatoes and cabbage which is a mere ghost of its fresh green self, one is not surprised to find many people disliking vegetables. How do you cook yours? Do you consider the three factors which may be affected by the cooking—nutritive value, appearance and flavour? In some cases one or the other of these must be sacrificed, but never all three as is often the case.

Don't Overcook Vegetables

Crisp firm textures are lost, and flabby soft products result. Natural green, red, white and cream colours are destroyed. Vitamins are reduced, especially C. Important nutrients are lost in greater degree. Characteristic flavours are destroyed.

To Preserve Colour

Green vegetables contain chlorophyll. It is not very soluble in water, but is broken down by acids. Use large amounts of boiling water and cook with cover off.