

# Vegetable List

<http://articles.mercola.com/sites/articles/archive/2010/11/29/recommended-vegetable-list.aspx>

As a general guide, the following list of vegetables details some of the best and worst vegetables for your health.

Highly Recommended Vegetables	
Asparagus	Escarole (Endive or Chicory salad leaves)
Avocado (actually a fruit)	Fennel
Beet greens	Green and red cabbage
Bok Choy	Kale
Broccoli	Kohlrabi (Turnip cabbage)
Brussels 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
Cucumbers	Spinach
Dandelion greens	Zucchini (Courgettes)
Endive	

Use sparingly due to high carbohydrate levels	
Beets	Jicama
Carrots	Winter Squashes
Eggplant (Aubergine)	

Vegetables to Avoid	
Potatoes	

**Some Other Good Vegetables:** Mushrooms, Sweetcorn, Olives, Bean sprouts, Sea Vegetables (seaweeds), Green Beans, Garlic, Broad Beans, Chilli Peppers, Peas, Sweet potatoes.