**How essential are vegetables for healthy growth**

No one can deny the importance of vegetables as this particular topic has been debated upon uncountable times. We hear doctors and medical experts sharing the benefits of various vegetables almost every day. If vegetables are not a part of someone’s diet then they are always at a high risk of multiple diseases that become chronic as they age. Hence vegetables save you from many diseases.

Firstly they are very rich in nutrients and have a very low amount of fats and calories and are a very good source of vitamins. The ones who eat vegetables regularly stay active in their day to day life and their minds are always present so they are able to make good decisions.

Having lower cholesterol also means there are reduced risks of heart diseases and your blood pressure remains just right. By eating vegetables you increase the intake of fiber and potassium which are an important source of vitamins and not to forget they taste good too.

Dietary fiber is a good source of digesting your food without any problem and it is extremely helpful in relieving the pressure of bowels. When your digestive system is in good condition then it means you are free from many kinds of diseases related to stomach and a healthier stomach automatically eliminates the possibility of hidden diseases that you come to know about when they are already matured enough to be treated by the medical experts or in the worst case you might even have to go for the surgery.

What we come to know is that vegetables keep your health intact and do not let your inner system meet the scenarios that could be damaging from inside out. But whatever vegetable we eat they should be fresh and simply cooked with no blending of anything except another vegetable.