ONION :

It lowers cholesterol, inhibits hardening of the arteries, enhances elasticity of blood vessels, and helps to maintain healthy blood pressure. They are helpful in reducing food-borne illnesses caused by microbial contamination. It prevents tumor growth and reduces the risk of cancer.

POTATOES:

It is a very good diet for those who have mouth ulcers. It is easy to digest and facilitate digestion making them a good diet for patients. They maintain good blood glucose level which does not let brain fatigue creep in and keeps the brain active and alert. It is good for heart and beneficial for people having kidney stones.

TOAMTOES:

The lycopene in tomatoes is an antioxidant highly effective in scavenging cancer causing free radicals and protects against cancer especially, advanced-stage prostate cancer. It helps prevents jaundice and effectively removes toxins from the body. It keeps the heart healthy.

PEPPERMINT: It is mostly used as garnishing for dishes or as ad additive in drinks. It is used as a home remedy to manage ailments related to digestive tract, oral, respiratory and skin disorders such as acne, insect bites & burns. It acts as a mild sedative and is found to alleviate migraine pains, minor aches, muscle sprains and cramps.

CAPSICUM:

It helps enhance the immune system and hence aid in preventing diabetes, arthritis and heart disease. Also, they prevent the risk of certain types of cancer such as colon cancer, reoccurrence of cold, and they aid gum and teeth health.

CARROT:

Carrots are used as a home remedy for treating worms in children. It helps in preventing gastric ulcers and digestive disorders. These are rich in Beta carotene which is a powerful antioxidant which helps in maintaining a healthy skin and also keep one away from many diseases.

LEMON:  
Lemon is a coolant, and has antiseptic, anti-congestant, antiviral, anticancer & anti-inflammatory properties. It is also beneficial for cardiovascular health. It dissolves crystals that form in the arthritic joints. and prevents and treats scurvy.

CORN(BHUTTA):

Along with being low in calories, corn has a lower carb count than that of regular corn but is still a good source of fiber. A 1/2-cup serving of baby corn contains just 5 grams of carbs — versus 13.5 grams in 1/2 cup of regular corn kernels — along with 3 grams of fiber. Getting more fiber in your diet offers a number of health benefits, including a lower risk of heart disease and Type 2 diabetes.

GARLIC:

Garlic stimulates the immune system of body & helps in fighting against various diseases. It prevents & relieves chronic bronchitis, respiratory problems, and catarrh. It is also helpful for hum oral asthma, hysteria, dropsy & scurvy.

GINGER :

It helps prevent or treat nausea and vomiting from motion sickness, pregnancy, and cancer chemotherapy. It has anti-inflammatory properties and alleviates pains like headaches, migraines, sprains, stomachaches, muscular cramps, and pain due to osteoarthritis and rheumatoid arthritis. Like other spices, it has aphrodisiac properties and is used widely for medicinal purposes.

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| **Nutrients** | **Value (in 1 cup)** |
| Calories | 30 Cal |
| Total Carbohydrate | 6.9 gram |
| Dietary fiber | 2.5 gram |
| Fat | 0.3 gram |
| Protein | 1.3 gram |

* Good source of: Vitamin A Vitamin B1 (thiamine) Vitamin B2 (riboflavin) Vitamin B3 (niacin) Vitamin B6 Vitamin B9 (folate/folic acid) Vitamin C Vitamin E Vitamin K Manganese Potassium
* Good source of fibre
* Can be eaten raw or cooked
* Best stored in fridge