

Veggies, Decoded

20 Common Vegetables and Their Unique, Standout Benefit

Every vegetable brings something to the table, but a few genuinely stand out from the rest — like green peas having more protein than almost any other vegetable, or potatoes (with skin on) beating bananas on potassium. This guide breaks down 20 everyday vegetables, colour-coded by the nutrient they're best known for, with a practical way to include each one in your meals.

Colour Key

Protein	Iron	Vitamin C	Vitamin A	Potassium	Antioxidant s	Fiber	Circulation	Calcium	Hydration
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The 20 Vegetables

Vegetable	Nutrient	Unique Benefit	How to Include It
1. Green Peas	Protein	Contains the highest protein of any common vegetable, rivaling some legumes gram-for-gram.	Add to pulao, curries, or as a simple stir-fried side.
2. Spinach (Palak)	Iron	One of the richest iron sources among leafy greens, though pairing with vitamin C boosts absorption.	Add to dal, palak paneer, or smoothies with a squeeze of lemon.
3. Bell Peppers (Capsicum)	Vitamin C	Contains more vitamin C gram-for-gram than most citrus fruits, especially the red variety.	Add raw to salads, or lightly saute to help retain the vitamin C.
4. Carrots	Vitamin A	Among the richest vegetable sources of beta-carotene, which the body converts to vitamin A.	Eat raw, juiced, or added to poriyal a few times a week.
5. Beetroot	Circulation	Naturally high in dietary nitrates, which support healthy blood flow and stamina.	Add to salads, juice, or curries a couple of times a week.
6. Broccoli	Antioxidants	Contains sulforaphane, a unique plant compound studied for its strong antioxidant properties.	Steam lightly (avoid overcooking) and add to stir-fries.
7. Sweet Potato	Vitamin A	One of the highest vitamin A sources among root vegetables, supporting skin and eye health.	Swap regular potato for sweet potato a few times a week.
8. Potato (with skin)	Potassium	Contains more potassium per serving than a banana, especially when the skin is left on.	Boil or bake with the skin intact instead of peeling.
9. Garlic	Antioxidants	Contains allicin, a sulfur compound with natural antimicrobial and cardiovascular benefits.	Crush or chop and let it sit 10 minutes before cooking to preserve allicin.
10. Tomato	Antioxidants	One of the richest vegetable sources of lycopene, an antioxidant linked to heart and skin health.	Cooking tomatoes actually increases lycopene availability, so use them in curries too.

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11. Pumpkin	Vitamin A	Rich in beta-carotene, giving it one of the highest vitamin A contents among gourds.	Add to sambar, curries, or have it roasted as a side.
12. Drumstick (Moringa)	Calcium	Among the highest calcium sources in the vegetable world, along with iron and vitamin C.	Add moringa leaves to dal, or drumstick pieces to sambar regularly.
13. Bitter Gourd (Karela)	Antioxidants	Contains unique plant compounds studied for supporting healthy blood sugar levels.	Cook with minimal oil, or have karela juice occasionally.
14. Cabbage	Fiber	A great source of fibre and vitamin K, supporting digestion and bone health.	Add to poriyal, salads, or a light stir-fry a few times a week.
15. Cauliflower	Fiber	Good source of fibre and choline, a nutrient that supports liver and brain function.	Use in curries, or roast as a lower-carb alternative to potato.
16. Brinjal (Eggplant)	Antioxidants	The skin contains nasunin, an antioxidant compound studied for protecting cell membranes.	Cook with the skin on wherever possible, in curries or roasted preparations.
17. Ladies Finger (Okra)	Fiber	High in soluble fibre and mucilage, which supports gut health and healthy digestion.	Cook with minimal oil and avoid overcooking to retain the fibre content.
18. Onion	Antioxidants	Rich in quercetin, an antioxidant with natural anti-inflammatory properties.	Include raw in salads occasionally to get the most of its antioxidant content.
19. Cucumber	Hydration	Has one of the highest water contents among common vegetables (about 96%).	A go-to snack or salad base, especially useful for staying hydrated in hot weather.
20. Radish	Vitamin C	Contains a good dose of vitamin C along with natural enzymes that support liver function.	Add raw to salads, or include in sambar for a peppery crunch.

Note: Nutrient comparisons are general and can vary by variety, soil quality, ripeness, and how the vegetable is cooked or stored. This guide is for general education, not medical or dietary prescription. Consult a nutritionist for advice specific to your health needs.