

















Vitamins and Minerals in Children's Diet with Vegetables

There are a lot of vitamins we can find in vegetables. They are certainly very important in children's life. I have searched about them and I achieved a chart of some vegetables, mainly taking into account the minerals (potassium, phosphorus, magnesium, calcium, iron, sodium, zinc, copper, manganese, selenium) and the vitamins (A, C, B2, K, B1, E, Niacin, B6) they contain.

Vegetables	Amount
 <p>Alfalfa, sprouted</p>	One cup of raw, sprouted alfalfa seeds contains 1.32 grams of protein, 8 calories and 0.6 grams of dietary fiber.
 <p>Beetroot</p>	One half cup of beets, cooked, boiled, drained, without salt contains 1.43 grams protein, 37 calories and 1.7 grams dietary fiber.
 <p>Broccoli</p>	Half cup of broccoli, cooked with no added salt contains 1.86 grams protein, 27 calories and 2.6 grams dietary fiber.
 <p>Carrots</p>	Half cup cooked with no added salt contains 0.59 grams protein, 27 calories and 2.3 grams fiber.
 <p>Celery</p>	One cup of celery, cooked, boiled, drained with no added salt has 1.25 grams protein, 27 calories and 2.4 grams of dietary fiber.
 <p>Cucumber</p>	Half a cup of sliced cucumber with skins contains .34 grams protein, 8 calories and 3 grams fiber.
 <p>Eggplant</p>	One cup of eggplant, cooked, boiled, drained with no added salt has 0.82 grams protein, 35 calories and 2.5 grams of dietary fiber.
 <p>Green Pepper</p>	One small raw pepper contains 0.64 grams protein, 15 calories and 1.3 grams fiber.

	<p>Leek</p>	<p>One leek, cooked, boiled with no added salt has 1 gram protein, 38 calories and 1.2 grams of dietary fiber.</p>
	<p>Onions</p>	<p>One small onion cooked without salt contains 0.82 grams protein, 26 calories and 0.8 grams of fiber.</p>
	<p>Parsnip</p>	<p>One cup of parsnip, cooked, boiled, drained with no added salt has 2.06 grams protein, 111 calories and 5.6 grams of dietary fiber.</p>
	<p>Peas</p>	<p>One cup of boiled peas with no salt added contains 8.58 grams of protein, 134 calories and 8.8 grams of fiber.</p>
	<p>Potatoes</p>	<p>One medium baked potato without salt contains 4.33 grams of protein, 161 calories and 3.8 grams of fiber.</p>
	<p>Pumpkin</p>	<p>One cup of pumpkin, cooked, boiled, drained with no added salt has 1.76 grams protein, 49 calories and 2.7 grams of dietary fiber.</p>
	<p>Radish</p>	<p>One half cup of radishes, raw, has 0.39 grams protein, 9 calories and 0.9 grams of dietary fiber.</p>
	<p>Spinach</p>	<p>One cup of raw spinach contains 0.86 grams of protein, 7 calories and 0.7 grams of fiber.</p>

Alexandra Sandu, the 8th class A, the Romanian Comenius team