Nutritional content of five selected leafy vegetables

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Abstract

Green leafy vegetables are obtained from a wide variety of plants and are known for its nutritional content. They are rich in fibers, minerals ascorbic acid and carotene which are required for maintaining the health. Leafy vegetables are consumed both in raw as salads or as cooked food. Regular intake of leafy vegetables also reduces different kind of diseases and strengthens the immune system. Leafy vegetables carry many minerals like Fe, Ca, P, Cu, Cl, Zn and Na and vitamins. This article reflected the information regarding the uses and nutritional composition of five rarely used leafy green vegetables viz. *Lactuca sativa* L. (Red variety), *L. sativa* L. (Green variety), *Brassica oleracea* L., *Anethum graveolens* L. and *Petroselinum crispum* (Mill.) Nym. Ex A. W. Hill.

Keywords: Chlorophyll estimation, nutritional content, leafy vegetables

Introduction

Vegetables are the eatable parts of the plants. They are consumed wholly or in parts, raw or cooked as part of main dish or salad. A healthy life can be maintained by eating green leafy vegetables daily because it contains fibers, minerals, vitamins, and different nutrients. Green leafy vegetables play a major role in human health. A healthy life style can be maintained by doing regular exercise and a well balance diet. Regular intake of leafy vegetables also reduces different kind of diseases. Leafy vegetables carry many minerals like Fe, Ca, P, Cu, Cl, Zn and Na and vitamins. Vitamins are major for human health and out of different vitamins, vitamin C is an essential micronutrients required for normal metabolic functions of the body. Vitamin C is water soluble antioxidant in human body. Vitamin C is also lowering the risk of developing cancers in breast, cervix, colon, rectum and stomach. Chlorophyll is an antioxidant. They are found in the chloroplast of green parts of plants. Generally it has been found in the area of green leaves, stems and flowers and is an essential element to the plants and it also has medicinal value (Jinasena, 2016). It is an important substance that can be used as nutritional approaches in decreasing blood sugar, in detoxification, in digestion, excretion and lowering the allergens. Assessment of nutritional values in

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