

## VEGETABLES FOR HEALTHY LIFE

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### Abstract

A well-balanced and healthy diet consists of vegetables and fruits since they provide all kinds of nutrition to human body. The regular intake of vegetables has strong association with improvement of overall health problems. Each vegetable group contains a unique mixture and quantity of phytonutriceuticals which helps in enhancing the cardiovascular, gastro-intestinal and other chronic diseases. Nutrition is considered as both a quality and quantity issue, and vegetables in all forms ensure a sufficient amount of vitamins, minerals, dietary fibers and phytochemicals to provide a balanced diet. Vegetables are excellent source of antioxidants that prevent from chronic diseases by altering the metabolic activation and detoxification of carcinogens, preventing the damage of free-radical or may be by regulating the process that alter path of tumor cells. All classes of vegetables should be eaten for enhancing the immune system and to get all the health benefits.

**Key Words:** Phytonutriceuticals, Phytochemicals, Antioxidants, Detoxification