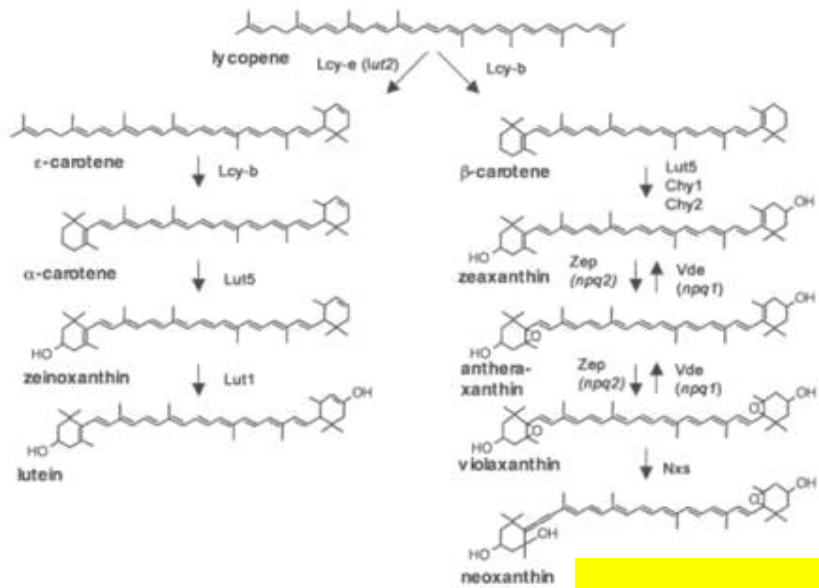
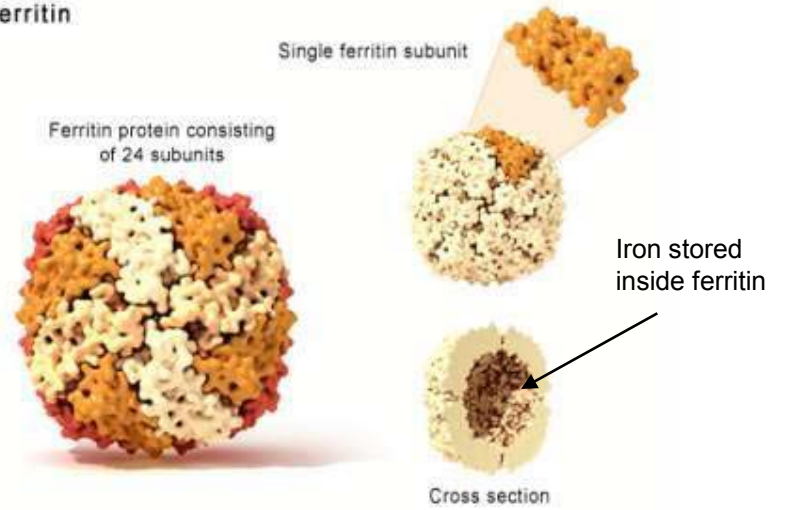


Carotenoid Biosynthesis

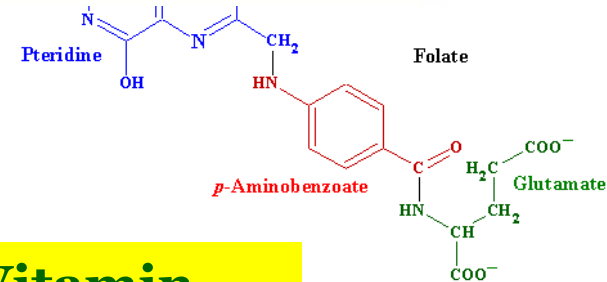


Ferritin



U.S. National Library of Medicine.

Vegetables:



A Natural Multiple Nutrient and Vitamin Mixture for Nutrition and Health



Recommended nutrient intakes (RNI) and % RNI contributed from 100 gm of plant food

	Protein	Vitamin A	Iron	Folate	Zinc	Calcium	Vitamin E
RNI for pregnant women (1st trimester)	g 60	µg RE 800	mg 30	µg 600	mg 11	mg 1000	mg α-TE 7.5
Percentage of RNI	----- % -----						
Rice	0	0	1	2	4	0	0
Cassava (root)	2	0	1	5	3	2	0
Millet	6	0	2	14	8	0	0
Meat (chicken)	37	0	3	1	14	1	3
Chickpea	15	1	10	93	14	5	5
Vegetable soybean	18	2	13	28	13	4	78
Cabbage	3	1	1	10	2	4	2
Tomato	2	18	1	3	2	1	7
Cassava leaves	14	363	12	10	16	40	203
Moringa leaves	7	146	11	49	5	10	65
Amaranth (Joseph's coat)	9	160	6	31	6	32	17
Jute mallow	10	198	12	21	0	36	36
Spider-flower leaves	8	112	8	38	7	21	14
Vegetable cowpea leaves`	8	193	6	27	3	54	101

RNI source: FAO/WHO 2004; RNI for iron with low bioavailability; RNI for zinc with medium bioavailability
Nutrient data source: USDA nutrient database and AVRDC IV nutrient data

Home garden nutrition pack in India



How Vegetables are vital to healthy human diets

Nutritional yield per 6x6 m home garden in 2 Indian States

		Protein (g)	Beta Carotene (mg)	Vit C (mg)	Iron (mg)
	RDA for a family of 4	7288	3212	58400	38143
Jharkhand	Nutritional yield / year	5349	3898	96820	9012
	% RDA met	73	121	166	24
Punjab	Nutritional yield / year	5205	5119	96	6143
	% RDA met	71	159	164	16

- Models met >100% of beta carotene and Vit. C requirements
- Met nearly 3/4th of protein and 1/4th - 1/5th of iron requirements
- Leafy and legume vegetables campaign undertaken
- Nutritional rich recipes and food processing methods for improving iron and protein bioavailability being suggested



**The world's largest public sector
collection of vegetable germplasm**

No. of accessions	57,282
No. of species	420
No. of countries of origin	154

Not a Green Revolution but a Revolution with Greens!