POWERHOUSE OF NUTRIENTS
VEGETABLES AND FRUITS

DDU-KK

DEEN DAYAL UPADHYAY KAUSHAL KENDRA
DAVV, INDORE
(Under UGC Scheme for Skill Development)
कुलगीत
देवी अहिल्या विश्वविद्यालय, इंदौर

धन्य धन्य! हे मालव भूमि
सब गाएं तेरा गुणगान,
तुझसे हे अस्तित्व हमारा
तुझसे है अपनी पहचान।

सकल विश्व है आलय जिसका
देवी अहिल्या नाम है उसका
कीति उन्हीं सी बनी रहे बस
और बना रहे जग में मान। हो यही वरदान॥

ज्योति सत्य की सदा जलाएं
दिशा ज्ञान की सदा सजाएं
विधि वाणिज्ञ ओर कला विज्ञान
वनवाचार, शिक्षण, संधान। हो यही वरदान॥

बल हो तन में मन अतिपावन
योग प्रकृति सम, मनभावन
नित चहूँ ओर हो यशगान।
नवयुग, नवस्वर, नवनिर्माण। हो यही वरदान॥

विश्व प्रेम का भाव रखें हम
मानव हित का चाव रखें हम
आदर्श हर पल रहे हमारा
धियो यो न: प्रचोदयात्। धियो यो न: प्रचोदयात्। धियो यो न: प्रचोदयात्।
MESSAGE

I am extremely happy to know that Deen Dayal Upadhyay Kaushal Kendra (DDU-KK), Devi Ahilya Vishwavidyalaya, Indore is bringing out a booklet on “Powerhouse of Nutrients” focusing on Vegetables and Fruits. This is an important segment of energetic activities done by DDU-KK for imparting value addition. India is becoming more significant in the global scenario because of diversified quality-oriented activities being undertaken and nurtured in our beloved nation. This spirit needs to be encouraged with the help of youth who represent conspicuous component of our population. The activities of DDU-KK mobilize and empower the stakeholders to contribute strongly towards implementing the national objectives in true spirit. I am very happy to state that DDU-KK of Devi Ahilya Vishwavidyalaya, Indore is proactively engaged in capacity building of youth for ultimate welfare of the society through elegant Skill Development Program which are indeed need of the hour.

I take this opportunity to convey my best wishes to DDU-KK of Devi Ahilya Vishwavidyalaya, Indore on this significant occasion.

New Delhi.
12th August, 2022

Prof. Rajnish Jain
Secretary
FROM THE **Desk of VC**

With immense pleasure, I would like to share that on the occasion of “Azadi ka Amrit Mahotsav”, DDU-KK, DAVV has come up with the second book of “Powerhouse of Nutrients: Vegetables and Fruits”. I have observed that DDU-KK always has been adopting innovative approaches for the skill development in students since its inception. This approach is harmonious with the goal to emphasize on the acquisition of relevant skills thereby enriching the professional growth of an individual at an efficient pace.

I firmly believe that such an outstanding book certainly will play a pivotal role in promoting good health and in building strong immunity. As Thomas A Edison rightly said, “The doctor of future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.”

I congratulate the entire team, appreciate their zealous work and extend my best wishes for future publications.

Keep up the great work!

*Prof. Renu Jain*, Vice Chancellor

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FROM THE **Desk of Rector**

Presently, it is observed that the rates of obesity, heart disease, diabetes and other metabolic diseases are increasing steadily. To avoid being part of these, it has become mandatory to start bringing our diet more in line with nature, and that means eating more fruits and vegetables. They are naturally good and contain vitamins and minerals that can help to keep us healthy and disease free. They are low in fat, salt, sugar and high in dietary fibre. As part of a well-balanced, regular diet and a healthy, active lifestyle, a high intake of fruits and vegetables can help us to provide good health. They contain phytochemicals/plant chemicals also. These biologically active substances can help to protect us from many disorders and improve immunity. And, hence I feel that the contents of the book “Powerhouse of Nutrients: Vegetables and Fruits” will be highly beneficial to all.

I congratulate Director, DDU-KK and her whole team for bringing such an informative book.

*Prof. A. K. Sharma*, Rector
MESSAGE FROM DIRECTOR, DDU-KK

I applaud the publication of the second and an indispensable book entitled “Powerhouse of Nutrients: “Vegetables and Fruits” by Deen Dayal Upadhyay Kaushal Kendra (DDU-KK), Devi Ahilya Vishwavidyalaya, Indore. It’s a good reminder to look at the healthy options in our daily diet. Diets high in fruits and vegetables are even recommended by World Health Organization (WHO) for their health-promoting properties.

I appreciate the efforts put in by my students of B.Voc. (Nutrition and Dietetics) programme of DDU-KK and a dedicated faculty Ms. Deepa Agnihotri who offered enormous information of fruits and vegetables at a glance in this book.

I extend my heartfelt appreciation to the leader and the entire team for their illustrious efforts and wish them success in their future endeavors.

Dr. Maya Ingle, Director, DDU-KK

FROM THE DESK OF REGISTRAR

DDU-KK has been tirelessly working towards overall development of students, professionals and scholars from various fields. It is commendable that DDU-KK is publishing a book Powerhouse of Nutrients focused on Vegetables and Fruits. I am hopeful that this will serve to be of great importance and use. Especially, on 75th anniversary of independence of India, I congratulate the publishing team and all collaborators for this venture.

Dr. Anil Sharma, Registrar, DAVV

FROM THE DESK OF MTS

I wish all to stay healthy by taking fruit and vegetable salads, vegetable stir-fries, raw cut fruits and vegetables, vegetable soups etc. regularly.

Congratulations to leader, mentor and all dear students of DDU-KK for publishing this highly useful mattered book.

Anshika Jain, MTS, DDU-KK
Vegetables and Fruits are classified from both a botanical and culinary standpoint. Botanically, fruits and vegetables are classified depending on which part of the plant they come from. A fruit develops from the flower of a plant, while the other parts of the plant are categorized as vegetables. Fruits contain seeds, while vegetables can consist of roots, stems and leaves.

From a culinary perspective, fruits and vegetables are classified based on taste. Fruits generally have a sweet or tart flavor and can be used in desserts, snacks or juices. Vegetables have a more mild or savory taste and are usually eaten as part of a side dish or main course.

Fruit is higher in sugar and calories than vegetables, but both fruits and vegetables are rich in fiber, vitamins, minerals and antioxidants. It is suggested to have at least five servings of fruits and vegetables daily, with 3 cups of vegetables and 2 cups of fruit.

The classification of fruits and vegetables isn’t as important as eating a variety of both to take advantage of the diverse nutrients they provide.

Deepa Agnihotri, Nutritionist & Academician

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<thead>
<tr>
<th>Special Thanks to active participation of B.Voc.(ND) Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Akansha Naneria</td>
</tr>
<tr>
<td>Ankit Saluja</td>
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<tr>
<td>Ashmeet Kaur Saluja</td>
</tr>
<tr>
<td>Devanshi Dixit</td>
</tr>
<tr>
<td>Himani Nakum</td>
</tr>
</tbody>
</table>
Sabjiyan / Vegetables

Vegetables are parts of plants that are consumed by humans or other animals as food. The term is applied to plants collectively to refer to all edible plant matter, including the flowers, fruits, stems, leaves, roots and seeds. Earlier vegetables were collected from the hunter & later entered cultivation probably during the period 10,000 BC to 7,000 BC.

- Most vegetables are naturally low in fat and calories. None have cholesterol. (Sauces or seasonings may add fat, calories and/or cholesterol.)
- Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, and vitamin C.
- Dietary fiber from vegetables, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease.
- Fiber-containing foods such as vegetables help provide a feeling of fullness with fewer calories.
सब्जियों के लाभ:
- एक संपूर्ण स्वस्थ आहार के हिस्से के रूप में सब्जियों का सेवन कम कैलोरी प्रदान करता है और भोजन की इच्छा को वृद्धि करता है।
- स्वस्थ आहार के हिस्से के रूप में सब्जियों से भरपूर आहार खाने से दिल का धौरा और स्व्याकरण सहित हृदय रोग के जोखिम को कम किया जा सकता है।
- सब्जियों को अपने आहार में शामिल करने से फाइबर और पोटाशियम का सेवन बढ़ाने में मदद मिल सकती है, जो महत्वपूर्ण पोषक तत्व हैं।
- सब्जियों आहार फाइबर का एक अच्छा स्रोत है, एक प्रकार का कार्बोहाइड्रेट जो आपके पाचन तंत्र के माध्यम से भोजन को आगे बढ़ाने में मदद करता है।

Benefits of Vegetables:
- Vegetables provide less calories as compared to other high calorie food and may be useful in fulfilling food intake need.
- Eating a diet rich in vegetables as a part of healthy diet may reduce risk for heart disease, including heart attack and stroke.
- Adding vegetables to your diet can help increase intake of fiber and potassium, which are important nutrients.
- Vegetables are a good source of dietary fiber, a type of carbohydrate that helps pass food through your digestive system.
Mushroom / मशरूम

Low in calories, fat and cholesterol-free, mushrooms contain a modest amount of fiber and over a dozen minerals and vitamins, including copper, potassium, magnesium, zinc and a number of B vitamins such as folate.

**Local Name:** Mushroom

**Taste and Look:** Earthy, Meaty, Umami

**Flavour, Delecate, Colour – Pail Ivory, Yellow, Blue.**

**Availability:** July - March

**Interesting Facts:** Some studies suggest mushrooms are the richest dietary source of antioxidant called ergothioneine.

Some mushrooms are poisonous, such as Amanita sp. and others, can cause acute fatal liver necrosis.

**Recipe Options:**

Soup
Salad
Mushroom Masala
Stuff Cheese Mushroom
Sweet potatoes resemble potatoes, although they have no botanical relation. The plant has enlarged roots (tubers) which stores energy. These tubers are sweet potatoes.

Local Name: Yam, Shakarkand

Look and Appearance: Sweet potatoes look similar to regular potatoes.

Taste: When cooked, sweet potatoes have a mild, starchy, sweet flavor. When baked or boiled, the flesh becomes soft and slightly stringy (depending on the variety). When fried or roasted at high heat, the exterior becomes crisp and caramelized.

Uses: Sweet potato starch has industrial applications such as sweeteners, citric acid, beverage, noodle production, industrial alcohol, ethanol, fuel and derived products as maltose.

Availability: Sweet potato is grown as Kharif (June-August) and also during Rabi (October – December). Generally available after monsoon.

Nutritional Goodness: Sweet potatoes are an excellent source of beta carotene,
powerhouse of nutrients

vegetables and fruits

है। पके हुए शकरकंद में फाइबर की मात्रा अपेक्षाकृत अधिक होती है, जिसमें मध्यम आकार के शकरकंद में फाइबर 3.8 ग्राम होता है। फाइबर पेक्टिन के रूप में थुलनशील (15-23%) और सेल्युロज, हेमिसेल्युरोज और लिग्नन के रूप में अधुलनशील (77-85%) होते हैं। थुलनशील फाइबर जैसे पेक्टिन भोजन ग्रहण करने की मात्रा को कम करने में सहायक होते हैं। रक्त शर्करा के स्तर को नियंत्रित रखते हैं।

इसमें मौजूद रेशे और एंटीऑक्सीडेंट मस्तिष्क एवं पाचन तंत्र के लिए लाभदायक होते हैं।

पकाने के विकल्प:
हलवा
पापड़
खट्टी मीठी सब्जी
भुना/बेकड मीठा शकरकंद

vitamin C, and potassium. Cooked sweet potatoes are relatively high in fiber, with a medium-sized sweet potato containing 3.8 grams. The fibers are both soluble (15-23%) in the form of pectin, and insoluble (77-85%) in the form of cellulose, hemicellulose, and lignin. Soluble fibers, such as pectin, may increase fullness, decrease food intake, and reduce blood sugar spikes by slowing your digestion of sugars and starches.

They have fiber and antioxidants, and protects from free radical damage, promotes healthy gut and brain.

Recipe Options:
Halwa
Papad
Sweet and sour veg.
Baked Sweet Potato

Myths and Facts

Myths
- The sweet potato is all starch and doesn’t contain many nutrients.
- Unlike regular potatoes Sweet potatoes must be refrigerated.
- A sweet potato is high in calories.

Facts
- Above statements are not correct, Sweet potatoes hold great nutritional benefits.
The beetroot is the taproot portion of a beet plant.

**Local Name:** Red Beet / Just Beet

**Look and Appearance:** Beetroot are dark red purple bulbous root, many varieties, colours and size exist. Red or purple varieties of beetroot are most common, although white, yellow and even stripy beetroot are available.

**Taste:** The beet have an earthy smell and flavor resembling that of a freshly plowed field.

**Availability:** Beetroot is available throughout the year but it is available and more eaten in winter.

**Nutritional Goodness:** Packed with essential nutrients, beetroots are a great source of fiber, folate (vitamin B9), manganese, potassium, iron, and vitamin C.

**Health Benefits:**

1. Control blood pressure
2. Stabilize blood sugar
3. Healthy hair and younger skin
4. Growth and development of fetus
5. Cleanse your stomach
6. Detoxifies your liver
7. Fights fatigue and anemia

**Interesting Facts About Beetroots:**

- **It’s a Hangover Cure:** Betacyanin speeds up detoxification in your liver, which enables the body to turn the alcohol into a less harmful substance that can be excreted quicker than normal.
- **It’s an Aphrodisiac:** beetroot contains high amounts of boron, which is directly related to the production of human sex hormones.
- **It makes you feel better:** beetroot also contain betaine, a substance that relaxes the mind and is used in other form to treat depression.
- **It gives you Sugar:** beetroot has one of the highest sugar contents of any vegetables. Up to 10% of beetroot is sugar, but it is released slowly into the body, rather than the sudden rush that results from eating chocolates.

**Recipe Options:**

- Beetroot Salad
- Beetroot Paratha
- Beetroot Tikki
- Beetroot dip (Chutney)
शिमला मिर्च एक प्रकार की सब्जी है जिसे मिर्च के रूप में भी काम में लिया जाता है।

स्थानीय नाम: शिमला मिर्च

उपलब्धता: उत्तर भारत में शिमला मिर्च उगाने का आदर्श समय गर्मियों के आसपास होता है।

रूप: शिमला मिर्च बीज की फली होती है। वे लाल, हरे, पीले, नारंगी, सफेद, बैंगनी-भूरे और चूने के हरे रंग के हो सकते हैं। हरा और लाल एक ही पौधे से आते हैं, हालांकि पीले, नारंगी, सफेद और बैंगनी अलग-अलग किस्मों में हैं।

स्वाद: हरी शिमला मिर्च पीले, नारंगी रंग की तुलना में थोड़ी कड़वी और स्वाद में कम मीठी होती है।

पोषण मूल्य और अच्छाई:
शिमला मिर्च - 100 ग्राम में उपलब्ध हैं:
कैलोरी: 26, वसा: 0.3 ग्राम, कार्बोहाइड्रेट 6.03 ग्राम, फाइबर: 2 ग्राम, चीनी: 4.2, प्रोटीन: 0.99 ग्राम, पोटेशियम: 211 मिलीग्राम, सोडियम: 2 मिलीग्राम

शिमला मिर्च दृष्टि स्वास्थ्य के लिए अविश्वसनीय रूप से फायदेमंद है। इसका कारण यह है कि शिमला मिर्च में ल्यूटिन और बीटाकैरोटिन की मात्रा अधिक होती है, जो कैरोटीनाइड जो आक्सीडेंटिव क्षति से बचा सकते हैं।

Capsicum also called as pepper is a vegetable and a spice crop.

Local Name: Capsicum/Bell Pepper

Availability: The ideal time to grow capsicum in north India is summers.

Look and Appearance: Capsicums are seed pods. They can be red, green, yellow, orange, white, purple-brown and lime green. Green and red come from the same plant, however yellow, orange, white and purple are different varieties.

Taste: Green capsicum is slightly bitter and less sweet to taste as compared to yellow, orange versions of it.

Nutritional Value and Goodness:
100 g. serving of raw Capsicum has:
Calories: 26, Fat: 0.3g, Carbohydrate 6.03g, Fibre: 2g, Sugar: 4.2, Protein: 0.99g, Potassium: 211mg, Sodium: 2mg

Capsicum is incredibly beneficial for vision health. The reason is because capsicums are high in lutein and betaxanthin, two carotenoids that can protect your retina from oxidative damage.
शिमला मिर्च में विटामिन--सी बहुत अधिक मात्रा में होता है और आयरन में मध्यम मात्रा में होता है। इन दो विटामिनों और खानियों का संयोजन लोहे को अधिक प्रभावी रंग से अवशोषित करने की अनुमति देता है और एनीमिया को रोकता है।

शिमला मिर्च में एंटीऑक्सिडेंट और एंटी--इंफ्लेमेटरी गुण होते हैं जो कुछ प्रकार के कैंसर को रोकने के लिए उपयोगी पाये गए हैं।

पकाने के विकल्प: भरवा शिमला मिर्च, शिमला मिर्च चावल, शिमला मिर्च की सब्जी, शिमला मिर्च बेसन भाजी, शिमला मिर्च बेसन

Capsicum are very high in vitamin C and are moderately high in iron. The combination of these two vitamins and minerals allow iron to absorb more effectively and prevents anemia.

Capsicum contains antioxidant and anti-inflammatory properties that have been shown to prevent certain types of cancers.

Recipe Options: Bharwa Shimla Mirch, Capsicum Rice, Shimla Mirch Ki Sabji, Capsicum Besan Bhaji, Shimla Mirch Besan

### मिथक और तथ्य

**मिथक**
- चार भाग वाली शिमला मिर्च अधिक बीटी होती है।
- बेल मिर्च के भाग के मध्यम से आप बता सकते हैं कि उनका क्या लिंग है।
- शिमला मिर्च का रंग हरे से पीला, पीले से नारंगी व फिर लाल हो जाता है।
- सभी लाल मिर्च तीखी होती हैं।
- शिमला मिर्च को सब्जी माना जाता है।

**तथ्य**
- उपरोक्त कथन सही नहीं हैं।
- दूँकिया शिमला मिर्च में बीज होते हैं और ये फूल वाले पौधों से आते हैं, वे वास्तव में फल हैं, सब्जियां नहीं।

### Myths and Facts

**Myths**
- Bell Peppers with four lobes are sweeter.
- Bell Peppers have genders, and you can tell by how many lobes they have.
- Bell Peppers turn color from green to yellow to orange to red.
- All Red Peppers are spicy.
- Bell Peppers are considered vegetables.

**Facts**
- The above statements are not completely true.
- Since bell peppers have seeds and come from flowering plants, they are actually fruits, not vegetables.
वसंत प्याज कुछ समय के लिए ही बाजार में उपलब्ध होने के कारण बहुत पसंद किये जाते हैं। इन्हें हरा प्याज भी कहा जाता है। ताजी, नाजुक पत्ती स्वाद में बेहतर लगती है।

स्थानीय नाम: हरा प्याज

स्वाद और रूप: मीठा सूक्ष्म रूप से तीखा स्वाद।

उपलब्धता: नवंबर–जनवरी (मुख्यत: मास)

रोचक तथ्य: हरे प्याज में अन्य प्रकार के प्याज की तरह, प्रभावी तत्त्व होते हैं जो वैज्ञानिकों को मगरता है कि अन्य बीमारियों के साथ–साथ केंसर से लड़ने में मदद कर सकते हैं। हरे प्याज का स्वाद हठका होता है इसलिए हरे प्याज को कच्चा या पका कर भी खाया जा सकता है।

पोषण अच्छाई:
वसंत प्याज में विटामिन–बी और तांबा, लोहा, मैग्नीज और कैल्शियम सहित कई खनिज होते हैं। इसके अलावा, पौधों का पत्तैदार हरा भाग फोलिक एसिड का एक अच्छा स्रोत है।

पकाने के विकल्प:
वसंत प्याज पराठा
सूखी बेसन सब्जी
करी

Since spring onions are available only for short duration they are popular during the season. They are also called as green onions. Tender and fresh leaves taste crunchy.

Local Name: Hara Pyaz
Taste and Look: Sweet Subtly pungent Flavour.

Availability: Nov-Jan (Main Season)

Interesting Facts: Green onions, like several onion types, consist of effective ingredients which scientists think might help combat cancer along with other illnesses. Green onions have got a gentle flavor so can be consumed raw or even cooked.

Nutritional Goodness:
Spring onions contain B vitamins and many minerals, including copper, iron, manganese, and calcium. In addition, the leafy green part of the plant is a good source of folic acid.

Recipe Options:
Spring Onion Paratha
Dry Besan Sabzi
Curry
सहजन का पेड़ काफी तेजी से बढ़ने वाला होता है और अपनी पत्ती व फली के लिए प्रसिद्ध है। इसकी पैरियाँ शीषक तत्वों से भरपूर होती है। यह अपनी औषधी गुण के लिए भी उपयोग में लाया जाता है। इस पेड़ की खेती आसानी से की जा सकती है क्योंकि यह कम पानी मिलने पर भी मरता नहीं है।

स्थानीय नाम: सहजन का पत्ता, गुरजने की फली के पतले।

स्वाद और रूप: पतलों का हल्का, कड़वा, घास वाला स्वाद और रूप में छोटे अंडाकार व आंसू की बूंद के समान, 1-2 सेंटीमीटर लंबे और हरे रंग का होता है।

उपलब्धता: सालभर

रोक्षक तथ्य: हम सहजन के पतले ताजे व सूखे भी खा सकते हैं। सहजन के बीज बहुत छोटे होने पर खाए जा सकते हैं। सहजन फली काफी पौष्टिक होती है और इसे पकाया जा सकता है।

सहजन की जड़ों में कैल्शियम और फोस्फोरस भी होता है, जो हड़प्पों को स्वस्थ और मजबूत रखने में मदद करता है।

सहजन के पतलों का पुलिट्स (लेप) और छोटे-छोटे कटों से होने वाले रक्तस्राव को रोकने में उपयोगी होता है।

Drumstick is a fast-growing tree and widely cultivated for its tender seed pod, leaves used as vegetable heaped with vital nutrients and as a medicine as it has high medicinal properties. Also called moringa, is a sun-loving plant and can be grown using very minimal irrigation.

Local Name: Sahajen ka Patta, Surja ke falee ke Patte.

Taste and Look: Bitter Grassy flavour. Looks like Small Oval tear drop, 1-2 cm long and green in colour.

Availability: Throughout the year

Interesting Facts: We can eat drumstick leaves fresh and even dried. drumstick seeds can be eaten when they are very young. Drumstick pods are quite nutritious, and can be cooked.

Drumstick roots also contains calcium and phosphorous, which help keep bones healthy and strong.

The poultice of drumstick leaves is useful to halt bleeding from grazes and small cuts.
**Nutritional Goodness:**

Drumstick leaves are rich in vitamins A, C, B1 (thiamin), B2 (riboflavin), B3 (niacin), B6 and Folate. They are also rich in magnesium, iron, calcium, phosphorus and zinc.

**Recipe Options:**

Dry veg with besan  
Dal, Chutney

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**Colour in the plate**

Trying to eat a rainbow of colourful fruits and vegetables every day may give a full range of health benefits. For example:

- **Red foods** – like tomatoes and watermelon. These contain lycopene, which is thought to be important for fighting prostate cancer and heart disease
- **Green vegetables** – like spinach and kale. These contain lutein and zeaxanthin, which may help protect against age-related eye disease
- **Blue and purple foods** – like Jamun, blueberries and brinjal. These contain anthocyanins, which may help protect the body from cancer
- **White foods** – like cauliflower and radish. These contain sulforaphane and may also help protect against some cancers.
Spinach is an extremely nutrient-rich vegetable. It packs high amounts of carotenoids, vitamin C, vitamin K, folic acid, iron, and calcium.

**Local Name:** Palak, Waterleaf

**Look and Appearance:** Look for fresh spinach leaves that have a dark green color, crisp texture and fresh aroma. Spinach stems should be fairly thin. Thick, coarse stems indicate overgrown leaves that will be tough and bitter tasting.

**Taste:** Raw spinach has a mild, slightly sweet taste that can be refreshing in salads, while its flavor becomes more acidic and robust when it is cooked. There are three different types of spinach generally available. Savoy has crisp, creased curly leaves that have a springy texture. Baby spinach leaves usually have their stems attached, which can have a metallic flavor.

**Uses:** The leaves are used for food and to make medicine. As a medicine, spinach is used to treat stomach and intestinal (gastrointestinal complaints and fatigue.
लोग इसका उपयोग बच्चों में वृद्धि को बढ़ावा देने और बीमारी से उबरने के लिए करते हैं।

उपलब्धता: हालांकि पालक आमतौर पर साल भर उपलब्ध रहता है, लेकिन मौसम में इसका स्वाद बेहतर होता है। अगर आप पालक को फ्रीज़ करना चाहते हैं, तो पत्तों को उबरते पानी में मिलाकर एक एयरटाइट बैग या कंटेनर में जमा दें। इस तरीके के इत्तेमाल से पालक दो महीने तक अच्छा रहेगा।

पोषण संबंधी अच्छाई: पालक में पोटेशियम, मैगनीशियम और विटामिन्स—बी 6, बी 9 और इ आदि शामिल हैं। पालक एक सुपरफ्यूड है। यह कम केलोरी वाले पैकेज में टन पोषक तत्वों से संपूर्ण है। त्वचा, बालों और हाइड्रेशन के रासायनिक के लिए महत्वपूर्ण हैं। वे प्रोटीन भी प्रदान करते हैं। पालक जिक, स्वरूप आहार फाइबर, फास्फोरस, विटामिन—बी 1 और कोटीन का भी बहुत अच्छा है। इसमें ऑक्सीफिज़्स, प्लेवोनोइड्स और कैटेनोक्लॉड्स के रूप में फाइटोनूट्रीज़ का एक अनूठा और फायदेमंद मिश्रण होता है। साथ ही एंटी ऑक्सीडेंट, प्लेवोनोइड्स और कैटेशनोक्लॉड्स।

पकाने के विकल्प: पालक पनीर, सूप, पराठा, सब्जिया।

It is also used as a blood-builder and an appetite stimulant.

Availability: Though spinach is usually available year round, it tastes best when fresh and in season. For storing the spinach, wilt the leaves in boiling water and freeze them in an airtight bag or container. Using this method, the spinach will stay good for up to two months.

Nutritional Goodness: Spinach contains potassium, magnesium, and vitamins B6, B9, and E. Spinach is a superfood. It is loaded with tons of nutrients in a low-calorie package. Spinach are good for skin, hair, and bone health. They also provide protein. Spinach is very good source of zinc, dietary fiber, phosphorus, vitamin B1 and choline. It contains a unique and beneficial mixture of phytonutrients, anti-oxidants, flavono.

Recipe Options: Palak Paneer, soup, paratha, vegetable.

Myths and Facts

Myths
- It is considered as iron bomb.
- It is believed that spinach should not be consumed with yoghurt as it hinders the absorption of calcium.

Facts
- The above statement are actually not true.
अरबी का पौधा उसकी पत्ती एवं जड़ (द्रुवबर) के लिए उगाया जाता है।

**स्थानीय नाम:** अरबी के पत्ते

**स्वाद और रूप:** पत्तों का स्वाद आलू के समान होता है। अरबी के पत्ते दिल के आकार के दिखते हैं।

**उपलब्धता:** जून–जुलाई और फरवरी–मार्च।

**रोचक तथ्य:**
- पाचन स्वास्थ्य
- दृष्टि स्वास्थ्य
- कोलेस्ट्रॉल संतुलन बनाए रखना
- भूषण स्वास्थ्य
- एनीमिया की रोकथाम

**पोषण अच्छाई:**
अरबी का पत्ता विटामिन–ए से भरपूर होता है और इसमें विटामिन–सी, बी, धातुबद्ध राइबोफ्लाविन, फोलेट, मंगनीज, कॉपर, पोटेशियम और आयरन भी पय्यत मात्र में होता है। एक कप अरबी के पत्ते में 35 कैलोरी, भ्रमपूर फाइबर और निम्न स्तर का बसा होता है।

**पकाने के विकल्प:** पकोड़ा, अरबी के पत्ते की सब्जी, रोल आदि।

Taro plant is grown for its leaves and also starchy roots.

**Local Name:** Arbi ke patte

**Taste and Look:** The leaves tastes like potato. The plant has heart shaped leaves.

**Availability:** June-July & Feb.-Mar.

**Interesting Facts:**
- Digestive health
- Vision health
- Maintain cholesterol balance
- Foetus health
- Prevents anaemia

**Nutritional Goodness:**
The taro leaf is rich in Vitamin A and also contains adequate quantities of Vitamins C, B, Thiamine, Riboflavin, Folate, Manganese, Copper, Potassium and Iron. One cup of taro leaf has 35 calories, plenty of fibres and a low level of fat.

**Recipe Options:** Pakoda, Arbey ke patte ke sabzi, Rolls.
Bhindi / Lady Finger

Bhindi is actually a fruit which is sticky and crunchy.

Local Name: Lady Finger/Okra, Bhindi

Availability: Kharif (June-August) and Zaid (January-March) season.

Look and Appearance: Lady Finger is a type of green vegetable, long finger like, having a small tip at the tapering end. Its head shows a bulge, lighter green in shade, which is often removed as an inedible portion.

Taste: The tender raw pods have a pleasant sweet flavor, along with an interesting smooth yet somewhat crunchy texture.

Nutritional Value and Goodness:
A 100 gram serving of raw Lady finger has:
Calories: 37, Fat: 0.2g, Carbohydrate 6.4g, Fibre: 1.2g, Protein: 1.4g, Calcium: 66mg, Phosphorus: 56mg

Lady Finger/Okra is rich in many nutrients and particularly high in vitamins C and K. This fruit is unique, as it provides protein, a nutrient that many other fruits and vegetables lack.
It is rich in polyphenols and antioxidants so prevents risk of serious diseases, inflammation, and contribute to overall health. Most notably, it contains polyphenols that may contribute to heart and brain health.

Animal research suggests that okra may bind to cholesterol in your gut and lower blood cholesterol levels.

**Recipe Options:**

Bhindi Ki Sabji,
Aloo Bhindi – Spiced Potatoes and Okra, Stuffed Bhendi.

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**Myths and Facts**

**Myths**
- Okra has very few health benefits.
- The only way to eat okra is fried.

**Facts**
- When cooked, Okra turns bit sticky. This can be limited by preparing the Okra with acidic ingredients first, such as vinegar or lemon juice.
- Okra leaves can be eaten raw in salads.
- Roasted Okra seeds can be ground up to make a drink similar to coffee.
Potatoes are considered all time favourite, they are comparatively cheaper than other vegetables and so affordable by all groups. It has special mixing property and so combines well with almost all group of vegetables.

**Local Name:** Potato / Aloo

**Availability:** Through out the year.

**Look and Appearance:** Medium to large oval shape, light brown, pale yellow, red, and purple.

**Taste:** White potatoes have a subtly sweet mild taste with low sugar content.

**Nutritional Value and Goodness:**
A 100 gram serving of raw Potato has:
- Calories: 97, Fat: 0.1g, Carbohydrate 22.6g, Fibre: 0.4g, Protein: 1.6g, Calcium: 10g, Phosphorus: 40mg

Potatoes contain a number of minerals and plant compounds that may help lower blood pressure.

Potatoes are a good source of antioxidants, which may reduce the risk of chronic diseases like heart disease, diabetes and certain cancers.

Potatoes contain resistant starch, which may help reduce insulin resistance. In
में, यह रक्त शर्करा नियंत्रण में सुधार करने में मदद कर सकता है।

पकाने के विकल्प:
बटाटा वड़ा, आलू समोसा, आलू चाट, फ्रेंच फ्राइज, आलू टिक्की, आलू चटनिया शिमला मिर्च।

मिथक और तथ्य

मिथक
• आलू खाली कैलोरी हैं।
• आलू में कार्ब्स की मात्रा अधिक होती है, जिससे आपका वजन बढ़ता है।
• आलू के छिलके में सभी प्रोटीन तत्व होते हैं।
• आलू में हाई स्वाइंसेमिक इंडेक्स होता है, जो आपके ब्लड शुगर को बढ़ाता है और आपका वजन बढ़ाता है।
• आलू में स्टार्च होता है, जो वास्तव में आपके लिए हानिकारक है।

तथ्य
• आलू 80% पानी है।
• विश्व का सबसे बड़ा आलू उत्तराखंड देश चीन है।
• आलू सबसे अधिक पर्यावरण के अनुकूल सब्जियों में से हैं। वे विकसित करने में आसान हैं और कई अन्य सब्जियों की तरह भारी मात्रा में उत्पादक की आवश्यकता नहीं होती है।

Myths and Facts

Myths
• Potatoes are empty calories.
• Potatoes are high in carbs, which make you gain weight.
• All nutrients are in the potato Skin.
• Potatoes have a High Glycemic Index, which spikes your blood sugar and makes you gain weight.
• Potatoes contain starch, which is really bad for you.

Facts
• Potatoes are 80% water.
• The world’s largest potato producing country is China.
• Potatoes are among most environmentally friendly vegetables. They’re easy to grow, and don’t require massive amounts of fertilizer and chemical additives to thrive like many other vegetables do.
Though bitter in taste it is favourite of many food lovers. It is packed with many nutrients and also has many medicinal properties. Not only as cooked vegetable but its pickle too is loved by many.

**Local Name:** Karela

**Availability:** In India, bitter gourd available throughout the year. It is grown in summer and rainy season.

**Look and Appearance:** This edible Vegetable is one of the most bitter vegetables produced. The elongated fruit has a rough exterior and a crunchy, watery flesh which is bitter.

**Taste:** It has bitter taste

**Nutritional Value and Goodness:**

A 100 gram serving of raw Bitter gourd has Calories: 34, Fat: 0.2g, Sodium: 13mg, Carbohydrate 7g, Fibre: 1.9g, Protein: 3.6g, Potassium: 602mg, Sugar: 1g

- Bitter gourd is especially rich in vitamin C, an important micronutrient involved in disease prevention, bone formation, and wound healing.
- Bitter gourd is thought to improve the way that sugar is used in your tissues and promote the secretion of insulin, the hormone responsible for regulating blood sugar levels.
- Cancer fighting properties.

**Recipe Options:**
Stuffed bitter gourd, Bitter gourd chips, Bitter gourd pickle

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**Myths and Facts**

**Myths**
Karela or bitter gourd lowers blood sugar levels and triglyceride levels. So it should be consumed by just diabetic patients.

**Facts**
- It purifies blood.
- Karela juice has blood purifying properties and therefore is used for treatment of blood disorders like blood poisoning and blood boils.
- It is good for the stomach.
- Since Karela or Bitter-gourd contains fiber rich cellulose, therefore it helps prevent constipation.
- Helps overcome alcoholism and smoking.
- Karela juice contains purifying properties that help flush the liver of harmful agents from the body.
It is basically a fruit but used as a vegetable. It does not have a very attractive taste but has the property of blending well with many preparations may it be sweet or spicy. Tutti-fruity and tomato sauce are two such preparations.

**Look and Appearance:** A pumpkin is round with smooth, slightly ribbed skin, and is most often deep yellow to orange in colour. The thick shell contains the seeds and pulp.

**Taste:** Pumpkins have sweet flavor. It is used after boiling it.

**Availability:** Pumpkin season actually begins in September and lasts throughout the summers.

**Nutritional Facts:** Pumpkin is rich in vitamin A in the form of beta-carotene - a carotenoid or natural pigment - which gives it its bright orange or yellow color. Beta-carotene is converted into vitamin A in the body, which helps you to maintain healthy skin, teeth, and vision. Pumpkin is a good source of vitamin E, riboflavin, copper, and manganese. And provides smaller amounts of iron, magnesium, phosphorus, and folate.

**Recipe Options:** Kaddu ki sabzi, Pumpkin bread, Pumpkin soup, baked dessert.
This vegetable holds a special place in the vegetable basket. Its preparations are countless from continental to sweet deserts. But has its downsides. It has complex sugars that we can’t digest easily. The sugars are called raffinose, and the extra fiber in the veggies can cause gassy or bloated feel.

**Look and Appearance:** Cauliflowers are annual small plants and bear large rounded leaves. The terminal cluster forms a firm, succulent head, that is a cluster of flowers.

**Taste:** A little nutty and a little sweet in taste, has crunchy texture, and blend as well with many other dishes.

**Availability:** September to March

**Nutritional Goodness:**
- It’s low calorie.
- The fiber helps to keep fuller, longer.
- It’s high in water content.
- High in vitamin C. Cauliflower contains vitamin C which can help your body better absorb the iron it
needs for your blood. Vitamin C is also a potent antioxidant. It helps the body with tissue formation, repair, and maintenance.

- It’s good for your skin and hair. Protects skin against harmful UV rays from the sun. It also helps with hair growth due to the sulfur and silicon it contains.

- It fights inflammation. Cauliflower contains antioxidative properties as well as anti-inflammatory ones.

Recipe Options:
Potato-cauliflower veg.
Paratha
Pakoras
Vegetable curry
Green Beans are known by many names—French beans, string beans, snap beans, snaps beans. There are more than 130 varieties of green beans.

**Local Name:** Haree Sem, Sem Kee Phaliyaan

**Look and Appearance:** Green beans, string beans, and snap beans are long and rounded and green.

**Taste:** Slight strong taste

**Availability:** Green beans are available throughout the year. More fresh green beans are available in May – October.

**Nutritional Goodness:** Green beans contain many essential vitamins and minerals, including:

- Vitamin-A, C, K, Folate, Thiamine, Niacin, Minerals like Calcium, Iron, Magnesium, Phosphorous, Potassium and Zinc

**Recipe Options:**
- Green beans with mushroom veg.
- Green beans and mushroom rice
Matar / Pea (Matar/Batla)

Green peas are not vegetables, but legumes, like beans, chickpeas and lentils. The three types of peas - green peas, snow peas and snap peas - are among the few legumes that are eaten fresh, rather than dried.

**Look and Appearance:** The pea is most commonly the seed-pod of the pod fruit. Each pod contains several peas, which can be green or yellow. Botanically, pea pods are fruit, since they contain seeds and develop from the ovary of a (pea) flower.

**Taste:** Peas have slightly sweet when fresh later may have a metallic taste.

**Availability:** Peas are in season from September till April, and combine well with every vegetable/recipe.

**Nutritional Goodness:** All forms of peas are packed with nutrients - a half-cup serving of cooked peas serves up a hefty amount of antioxidant vitamins A and C -13% DV and 19% DV per serving, respectively - as well as more than 10% each of the heart healthy B vitamins thiamin and folate.

Peas are low in calories while providing filling fiber and protein.

**Recipe Options:** Creamy Pea Soup, Matar Masala, Matar Pulao, Kachori
Carrot plant produces an edible taproot. Among common varieties root shapes range from globular to long, with lower ends blunt to pointed.

**Local Name:** Carrot

**Look and Appearance:**
Carrot is a root vegetable, most commonly observed as orange in colour. The domestic carrot has been selectively bred for its greatly enlarged, more palatable, less woody-textured taproot.

**Taste:**
The taste of carrots is slight sweet and hard in appearance.

**Availability:**
In India, carrots are best grown and is available in the winter season.

**Nutritional Goodness:**
Carrots are a particularly good source of beta carotene, fiber, vitamin K1, potassium, and antioxidants.
Children have a smaller stomach capacity and higher energy needs than adults. They need energy to play, concentrate better, sleep better and have stronger body. Building good habits in their early years can also provide the protection of a healthy diet throughout their lives.
Tomatoes are edible berry of the plant. Labelled as a vegetable for nutritional purposes, tomatoes are a good source of vitamin C and the phytochemical lycopene. The fruits are commonly eaten raw in salads, served in cooked vegetable also. Products out of tomato include canned tomatoes, tomato juice, ketchup, puree, paste, and “sun-dried” tomatoes or dehydrated pulp. They make the preparation look and taste yummy.

Local Name: Tamatar

Look and Appearance: The best tomatoes are completely free of blemishes and bruises and should be a deep, bright red.

Original Taste: A tomato is actually a complex combination of tastes that stimulate the tongue in 3 key areas: sweet, sour, and savory.

Availability: Tomatoes are a summer-season vegetable and are usually grown as summer annuals.

Nutritional Benefits: The tomato despite botanically being a fruit, it’s generally eaten and prepared like a vegetable.
Tomatoes are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer.

They are also a great source of vitamin C, potassium, vitamin K.

It contains folate which is good for tissue growth and normal cell function.

Tomatoes are therefore good during pregnancy.

**Recipe Options:**

- Tomato Salad
- Stuffed Tomato
- Tomato Curry
- Tomato Soup
- Tomato Chutney
Red Cabbage is quiet helpful for those who want to loose weight since it’s low in calories, has a high water content, and is a good source of dietary fiber and other nutrients such as antioxidants.

**Local Name:** Cabbage/ Pattagobhi

**Look and Appearance:** Leafy, light green, the red cabbage is purple-leaved variety. In dark variety the leaves are colored dark red/purple. However, the plant changes its color according to the pH value of the soil, due to a pigment anthocyanins.

**Taste:** Their flavor is mild and earthy, and the leaves are tender even when raw. Their flavor is far more bold, cruciferous and peppery which is also due to the anthocyanin pigments. Raw leaves are somewhat peppery in flavor, but the cabbage gets sweeter as it cooks.

**Uses:** The juice of red cabbage can be used as a home-made pH indicator, turning red in acid and green/yellow in basic solutions.

**Availability:** Fresh cabbage can be bought year-round.
Nutritional Goodness:

Cabbage is a good source of vitamin A, K and provides small amounts of calcium, magnesium, and zinc, which can help build and maintain healthy bones. Red cabbage is high in fiber, making it easier to digest foods and keep your digestive system healthy. The soluble fiber in red cabbage can help the beneficial bacteria in your gut. A higher level of anthocyanins, an antioxidant, specifically found in purple cabbage, lowers the risk of cancer and heart diseases.

Vitamin C, vitamin A and antioxidants present in cabbage improve and strengthen your immune system. It helps in flushing out toxins from the body and therefore improves your metabolism.

Vitamin A helps in improving eyesight as well.

Recipe Options:

Cabbage vegetable
Manchurian
Momos
Wraps
Soup

Eat with the seasons - this is nature’s way of making sure our bodies, get a healthy mix of nutrients and plant chemicals.
शलजम / Turnip

शलजम ज्यादातर सफेद चमड़ी वाला होता है, जबकि 1 - 6 सेमी के अलावा, जो जमीन के ऊपर फैला होता है और जब भी सूरज की रोशनी पड़ती है तो बींगनी, लाल या हरा रंग का होता है। इसका स्वाद हल्का होता है, इसलिए इन्हें मूली की तरह सलाद में कच्चा खाया जा सकता है।

स्थानीय नाम: शलजम

रूप: शलजम एक मलाइदौर सफेद रंग और एक बींगनी शीर्ष बाली सबूत है।

स्वाद: शलजम एक हल्की, तीखी स्वाद वाली सबूत है जिसमें धोड़ा कड़वा और तीखा स्वाद होता है। इसमें गोभी और मूली के बीच का एक मिलायुला स्वाद होता है। इसकी बनावट गाजर की तरह कुरूकुरी होती है।

उपलब्धता: शलजम सर्दी के मौसम में उपलब्ध होता है।

पोषण संबंधी अच्छाई: शलजम विटामिन -के, विटामिन -ए, विटामिन -सी, फॉलेट, कॉपर और मैंगनीज़ का एक उत्कृष्ट स्रोत है। साग और जड़ दोनों ही फाइबर के बेहतरीन स्रोत हैं।

शलजम के बारे में रोचक तथ्य:

- शलजम की लम्बाई 30 सेमी तक है जो आकार, रंग, स्वाद और उपयोग में भिन्न है।
- मानव भोजन के लिए छोटे प्रकार के शलजम

Turnip is mostly white – skinned, apart from the upper 1-6 cm, which protrudes above the ground and is purple, red, or greenish whenever sunlight has fallen. Their flavour is mild, so they can be eaten raw in salad like radish.

Local Name: Shaljam

Look and Appearance: Turnips are vegetables with a creamy white colour and a purple top.

Taste: Turnips are a mild, pungent tasting vegetable with a slightly bitter and spicy undertone. They taste a cross between a cabbage and a radish. Their texture is crisp and crunchy like carrots.

Availability: Turnip are available in winter season.

Nutritional Goodness: Turnip are an excellent source of vitamin K, vitamin A, vitamin C, folate, copper, and manganese. Both the greens and the roots are great sources of fibre.

Interesting facts about Turnips:

- There are about 30 varieties of turnips which differ in size, colour, flavour, and usage.
- Smaller kind of turnips are grown
for human food. Larger ones are grown to feed livestock.

- A mixture of turnip juice and honey is very good for treating cold.
- Consumption of white turnips helps in reducing the risk of breast cancer.

Recipe Options:

- Spicy Turpin with spinach
- Turpin paratha
- Punjabi turnip curry

Select Them All!!

- Try something new – try new recipes and buy new fruits or vegetables as part of your weekly shopping.
- Let colours guide you – get different combinations of nutrients by putting a ‘rainbow’ of colours (green, white, yellow-orange, blue-purple, red) on your plate.
Fruit is the seed-bearing structure in flowering plants that is formed from the ovary after flowering. It is an extra layer round the seeds, which may or may not be fleshy. Fruits are important sources of dietary fibre, vitamins (especially vitamin C), and antioxidants.

Fruits are normally sweet or sour and edible in the raw state, such as apples, bananas, grapes, lemons, oranges and strawberries.

Fruits can be processed into juices, jams, and jellies and preserved by dehydration, canning, fermentation, and pickling.

Types of Fruits:

There are three main fruit categories: simple, aggregate and multiple.

1) Simple

Most of the fleshy fruits that you enjoy regularly fall into this category. There are three categories in simple fruits.

- **Drupes**: contains hard seed inside the fruit. Example- cherry, plum, peach etc.
• Berrie: Fruits of the biech in biech horate hain aur aamtaar par ander se raste horate hain. Udaan - angoor, bluberrie, aamalaa aadhaar.

• Poems: Fruits that are mostly round on the outside. Example - grape, blueberry, gooseberry etc.

2) Sakkal

Ish prakar kee fut ek hi foil se aane wale kai drup ya berrie se bane horate hain. Udaan - rapsberry, blackberry aadhaar.

3) Ekaachik

Kai fut, jinhe samuchhik fut bhi kaha jaata hain, ye samuhek mein paaye jaate hain aur kuunon ki guchhe se prapt hote hain. Udaan - anamanasa.

Futon ke faayade:

Bharpoor fut ko sevan karna swasthya ke liye laapdayak hote hain.

Fut awasthak vitamnin aur xanijon ka ek uckruj stol hain, aur ve faibar mein uchch hain. Fut aapke shariar ke swasthya aur xakhawa ke liye mahalaprur pota tath pataan karte hain. Bharpoor fut xane se hudda rag, uchch xakataap aur kai kessar sahite kai bimaariyon ke jokhim ko kam karye me madh mil sakri hain.

Swasthya ko badhavaa den:

Jab aap fut xate hain, to aapki tooj hain ki aurpyart kuch hi samay mein badd jaate hain. Yeh futon ke pramukh laabon mein se ek hain jiska upyog hain apane vyast

• Berries: Have seeds at the centre of the fruits and are usually juicy on the inside. Example - Grape, blueberry, gooseberry etc.

• Pomes: Fruits that primarily bloom from trees. Exam. - apples, pears etc.

2) Aggregate

These types of fruit are made up of many drupes or berries that come from the same flower. Example - Raspberry, blackberry etc.

3) Multiple

Multiple fruits, also called collective fruits, are fruiting bodies formed from a cluster of fruiting flowers. Example - pineapple.

Benefits of Fruits:

Eating more fruit is an excellent way to improve overall health.

Fruits are an excellent source of essential vitamins and minerals, and they are high in fiber. Fruits provide nutrients vital for health and maintenance of your body. Eating plenty of fruits may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.

Boost Health:

When you eat fruits, your supply of energy increases in no time; this is one of the prime benefits of fruits that we can utilize in our busy schedules. This is the reason why athletes often eat fruit
कार्यक्रम में कर सकते हैं। यही कारण है कि एथलीट
अक्सर व्यायाम के दौरान और बाद में फल खाते हैं
और गर्भवती माताओं के आहार में लगभग हमेशा
फल शामिल होते हैं।

रोग की रोकथाम करना:

ताजे फलों के दैनिक सेवन से स्ट्रोक, उच्च
रक्तचाप, अपचय, कैंसर, हड़प, मधुमेह और
अन्य पुरानी बीमारियों का खतरा कम होता है। केले
जैसे कुछ फलों में पोटेशियम जैसे महत्वपूर्ण रसायन
होते हैं, जो स्ट्रोक, उच्च रक्तचाप और चिंता को
रोकने में मदद करते हैं। फलों का सेवन मूल रूप से
विटामिन और खनिज की कमी और उनसे जुड़े
लक्षणों को दूर करता है। फलों में पानी और फाइबर
भी उच्च मात्रा में होता है, जो आपके पाचन तंत्र को
लाभ देता है और आपके वजन को नियंत्रण में रखने में
मदद करता है।

इसके अलावा फल ल्याचा की देखभाल, स्वस्थ बाल,
वजन घटाने, हड़पों के रचनात्मक, पाचन और कई
अन्य में महत्वपूर्ण भूमिका निभाते हैं।

during and after exercise and why diets
for pregnant mothers almost always
involve fruits.

Prevent Disease:
The daily consumption of fresh fruits
lowers the risk of strokes, high blood
pressure, indigestion, cancer, heart
disease, diabetes, and other chronic
diseases. Some fruits like bananas
contain vital chemicals such as
potassium, which helps prevent strokes,
high blood pressure, and anxiety. Fruit
consumption basically eliminates
vitamin and mineral deficiencies and
their associated symptoms. Fruits also
have high quantities of water and fiber
in them, which helps keep your
digestive tract clean and your weight
under control.

Besides this fruits plays an important
role in skin care, healthy hair, weight
loss, Bone health, helps in digestion and
many other.

“Fruit is a Nature’s Candy”..
Cherish it Often .... & Enjoy a fruitful life!!

DDU-KK | 41
खरबूजा / Kharbuja (Musk Melon)

Introduction

Local Name: Musk Melon/Kharbuja
Availability Time: November to February
Looks/Appearance: Yellow musk melons usually weigh between 2 to 3 kilograms and have an oval shape with blunted ends. Their thick exterior rind matures from green to a rich golden yellow when fully ripe and has a gently rippled texture.
Original Taste: Sweet, musky flavor and aroma.
Uses:
Musk melon Juice, Musk melon Milkshake, Musk melon Ice cream, Musk melon salad, Musk melon kheer.

Nutritional Value and Goodness:
Nutritional value
A 3.5-ounce (100-gram) serving of raw muskmelon has:
Calories – 34, Dietary fiber – 0.4 gram, Fat – 0.2 gram, Protein – 0.3 gram, Carbohydrates – 8 grams, Calcium: 32mg, Phosphorus: 14mg
Nutritional Goodness:
Good for controlling blood pressure
Muskmelon contains potassium which makes it beneficial for blood pressure numbers
Promotes digestion Helps in hydration
Boots skin health It is rich in fiber, vitamin A, folate, potassium, protein and vitamin C.

Myths and Facts

Myths
- Muskmelon has low health benefits.
- Muskmelon increases weight.
- Muskmelon is not safe for diabetes.

Facts
- Promotes good health by boosting immunity, hair growth, may support the vision and eye health also may help combat stress and relieve period cramps.
- Muskmelons are rich in potassium which helps maintain weight. The fat content in muskmelons is also negligible.
- Muskmelons help in controlling diabetes by regulating blood sugar levels.
Introduction

Local Name: Naashpati/Babumoshay
Availability Time: January to April
Looks/Appearance: A smooth-skinned fruit with gentle bumps and curves in that typical bottom-heavy shape.

Asian pears are uniform in color (yellowish-tan) and shaped more like apples, with a completely different texture and taste.

Original Taste: They do tend to be generally sweeter than sour, but their sweetness will be partially determined by how ripe they are.

Uses/Food preparation options:
Pear punch, Chocolate-pear muffins, Apple-pear pie, Pear chutney, Chocolate-pear muffins.

Nutritional value and goodness:
Nutritional value
A 3.5-ounce (100-gram) serving of raw Pear has:
Calories: 52, Fat: 0.2g, Carbohydrate: 11.9g, Fibre: 1.0g, Protein: 0.6g, Calcium: 8mg, Phosphorus: 15mg, Carbohydrate: 11.9g, Fibre: 1.0g, Iron: 0.5
Nutritional Goodness:
Have more nutrients per calorie than calories per nutrient (surprising since they are so sweet). So called as Smart Carb.

Are a good source of dietary fiber, vitamin C, copper & vitamin K. Are often considered a hypoallergenic fruit that is less likely to produce an adverse response than other fruits by healthcare practitioners.

Myths and Facts

Myths
- Nothing is great about pear.
- Pear eating may lead to pear shaped body.
- Eating apple is better than eating pear.

Facts
- There are over 5000 varieties of pears. A Pear tree can give fruit for about 100 years.
- Pear is the Power house of Nutrients. It has about 100 calories.
- Both pear and apple are excellent source of vitamins and minerals and have comparable levels of phosphorus, sodium, copper. Pears also contain more iron, calcium, magnesium, and zinc. But when it comes to the fruit with better vitamin content, apples have more vitamins A, E, B1.

**Myth or Fact**

**Myth**
- This fruit is only good if consumed raw.
- Nargis always keep her eating habits to balance her calories.
- Nargis never eats anything but fruits.

**Fact**
- The fruit is grown in 5000 different areas.
- Nargis always keeps her diet in balance with fruits.
- Nargis only eats 100 calories a day.
The fruit avocado, is botanically a large berry containing a single large seed.

There are many types of avocado that vary in shape and color — from pear-shaped to round and green to black. They can also weigh anywhere from 220 grams to 1.4 kg.

The most popular variety is the Hass avocado.

**Availability Time:** is July – August.

**Local Name:** Butter Fruit

**Look and Appearance:** Avocados are pear-shaped fruits that grow on tropical evergreen trees. They generally have a rough, green outer skin, buttery flesh, and large seed in the middle. They come in many shapes, sizes, colors, and textures.

**Taste:** Their flavor is often described as mildly nutty and creamy.

**Season and Availability:** July to September.

**Nutritional Goodness:** Avocados are an excellent source of monounsaturated fat and vitamin E, and are a good source of folate.
Health Benefits:

- Avocado is loaded with heart-healthy monounsaturated fatty acid.
- Avocado or avocado oil with vegetables can increase antioxidants, including lutein and zeaxanthin which are very important for eye health and lowers the risk of macular degeneration and cataracts.
- They are high in fiber and low in carbs, which may promote weight loss.

Interesting Facts About Avocado:

- Avocados have 975 milligrams of potassium, whereas a banana typically has 544 milligrams.
- Avocados are symbol of love and fertility because they cannot self-pollinate and grow in pairs on trees.
- Avocados can stay on the tree for as long as eighteen months and they will not ripen until removed from the branch.
Introduction

Local Name: Coconut/Nariyal, Khopra

Availability Time: January to December

Looks/Appearance: Mature fruit is ovoid or ellipsoid in shape.

It has three layers: the exocarp, mesocarp, and endocarp. The exocarp is the glossy outer skin, usually yellow-green to yellow-brown in color. The mesocarp is composed of a fiber, called coir, which has many traditional and commercial uses.

Nutritional Value and Goodness:

Nutritional value

A 100-gram serving of raw coconut has:

- Calories: 444
- Fat: 41.6g
- Carbohydrate: 13g
- Fibre: 3.6g
- Protein: 4.5g
- Calcium: 10mg
- Phosphorus: 240mg
- Iron: 1.7mg

Nutritional Goodness: Coconut contains protein, several important minerals, and small amounts of B vitamins. However, they’re not a significant source of most other vitamins. May promote blood sugar control. Contains powerful antioxidants.
Myths and Facts

Myths

- Coconut oil is unhealthy as it contains cholesterol so it's unhealthy for heart.
- It's high in calories.
- Coconut is not advised for diabetics.
- Coconut makes everything taste like coconut.
- Coconuts are only preferred for religious purposes.

Facts

- It is a plant food so it has no cholesterol. On the other hand, it helps to lower the cholesterol levels. Lauric acid, the saturated fatty acid in coconut has actually proven good for heart along with its anti-inflammatory properties.
- Coconut is versatile. All parts of the coconut tree can be used. Fresh Coconut, dried coconut the Coconut water, Coconut milk, Coconut cream, Coconut pulp, Coconut oil, are all liked by many. Husk and shell are used as as fuel and source of charcoal.
Introduction
Local Name: Blueberry/Nilabadari
Availability Time: June to August
Looks/Appearance: Blueberries are small in size and feature a flared crown at the end.
They are green in color when they first appear, then deepen to purple and blue as they ripen.

Original Taste: Fresh blueberries are delightful and have a slightly sweet taste that is mixed with a little bit of acid from the berry.

Uses/Food preparation options:
Blueberry Cheesecake, Blueberry Ice Cream, Blueberry Fruit Smoothie, Blueberry Banana Bread, Blueberry, Spinach Blueberry Salad.

Nutritional Value and Goodness:
Nutritional Value
A 100 gram serving of raw Blueberries has:
Calories: 57, Water: 84%, Protein: 0.7 grams, Carbs: 14.5 grams, Sugar: 10 grams, Fiber: 2.4 grams, Fat: 0.3 grams

Nutritional Goodness:
It is low in calories but high in fiber, vitamin C and vitamin K.
<table>
<thead>
<tr>
<th>बिशक और तथ्य</th>
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<tbody>
<tr>
<td><strong>मिथक</strong></td>
</tr>
<tr>
<td>• ब्लूबरी के केस्सर और हृदय रोग का इलाज करती है।</td>
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<tr>
<td>• यदि आपको मधुमेह है, तो आपको ब्लूबरी जैसे मीठे फल नहीं खाने चाहिए।</td>
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<td>• फ्रूजन ब्लूबरी की तुलना में ताजा ब्लूबरी हमेशा स्वास्थ्यवर्धक होती है।</td>
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<tr>
<td><strong>तथ्य</strong></td>
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<tr>
<td>• ब्लूबरी एक स्वस्थ भोजन है और इसे एक व्यक्ति के आहार का हिस्सा होना चाहिए। बेरी का रंग जितना समृद्ध होगा, एंथोसाइन और एंटीऑक्सीडेंट उतना ही अधिक होगा। कोई ठोस डेटा नहीं है जो दर्शाता है कि ब्लूबरी निषिद्ध रूप से केस्सर और हृदय रोग का इलाज करती है। शर्करा के रसर को नियंत्रित करके मधुमेह को नियंत्रित करने में मदद करते हैं।</td>
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<td>• एक बड़ी मुद्री (1/2 कप) रसदार ब्लूबरी में केवल 44 कैलोरी होती है जिसमें 4 ग्राम आहार फाइबर होता है और आपकी वैशिक अनुशंसित विटामिन-सी 10% होता है।</td>
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### Myths and Facts

<table>
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<tbody>
<tr>
<td>• Blueberries cure cancer and cardiovascular disease.</td>
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<tr>
<td>• You shouldn't eat sweet fruits, like blueberries, if you have diabetes.</td>
</tr>
<tr>
<td>• Fresh blueberries are always healthier than frozen blueberries.</td>
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</table>

<table>
<thead>
<tr>
<th>Facts</th>
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<tbody>
<tr>
<td>• Blueberries are a healthy food and should be a part of an individual’s diet. The richer the color of the berry, higher the anthocyanins and antioxidant. There is no concrete data that shows blueberries definitely cure cancer and heart disease.</td>
</tr>
<tr>
<td>• One large handful (1/2 a cup) of juicy blueberries contains just 44 calories has 4 grams of dietary fiber and 10% of your daily recommended vitamin C content.</td>
</tr>
</tbody>
</table>
• The blueberry is one of the only foods that is truly naturally blue in color. New research suggests frozen blueberries deliver a bigger dose of disease-fighting antioxidants than fresh ones. These antioxidants come from compounds called anthocyanins, which give blueberries their blue-purple hue. The ice crystals that form when the berries are frozen disrupt the structure of the plant tissue and make anthocyanins more available.

Handy Tips

• Keep snack-size fruit and vegetable portions easily accessible in your fridge.
• Keep fresh fruit on the table.
• Add fruit and vegetables to your favourite family recipes or as additions to your usual menus.
• Use the colour and texture of a variety of fruits and vegetables to add interest to your meals.
• Limit fruit juice. The sugars present are not necessarily good for our health, even though they are ‘natural’. Instead, have a drink of water and a serve of cut fruit.
**Local Name:** Kela

**Look and Appearance:** The banana is a yellow lengthy fruit. The fruit is variable in size, color, and firmness, but is usually elongated and curved, with soft flesh rich in starch, which may be green, yellow, red, purple, or brown when ripe. The fruits grow in clusters hanging from the top of the plant. Their color usually ranges from green to yellow, but some varieties are red.

**Taste:** Its taste is more or less sweet, depending on the variety.

**Uses:** (apart from cooking) it used to make several beauty products. As banana restores moisture, smoothens out the rough texture of the skin and heals dry, parched skin, it acts as a great exfoliator which helps in sloughing off excess sebum on the skin surface.

**Season and Availability:** Banana is available in India round the year.

Bananas are a healthy source of fiber, potassium, vitamin B6, vitamin C, and various antioxidants and phyto nutrients. Bananas are an excellent source of potassium, a vital mineral and electrolyte in the body that carries a small electrical charge. These charges
कारण कोशिकाएँ नियमित रूप से धड़कने के लिए बाहरी संकेत भेजती हैं और मांसपेशियां सिकुड़ती हैं। केला कार्ब्ज का एक समुद्र स्रोत है, जो मुख्य रूप से कच्चे केले और चीनी और पके केले में स्टार्च के रूप में होता है। केले का पोटेशियम ऊंचे रेट के तरल वाले लोगों को और उनके हृदय स्वास्थ्य में भी लाभ पहुंचाता है।

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<td>• केले मधुमेह के लिए अच्छे नहीं हैं वे मोटा कर सकते हैं और चीनी में उच्च हैं।</td>
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<td>• मधुमेह के रोगियों को भी केला खाना सुरक्षित हैं क्योंकि उनमें मध्यम ग्लाइकेमिक इंडेक्स होता है।</td>
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<td>• फ्रूक्टॉज और विटामिन—बी से भरपूर केला प्राकृतिक चीनी का एक स्रोत है जो किसी के भी और सभी के खाने के लिए सुरक्षित है। केले फाइबर और पेप्टिन से भरपूर होते हैं। ये आपको कम भरा हुआ महसूस कराते हैं।</td>
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<td>• वे स्वस्थ बैक्टीरिया के अच्छे निर्माण की अनुमति देते हैं। केला न केवल वसा में कम होता है बल्कि कोलेस्ट्रॉल के रूप में कम करने में भी मदद करता है और एक प्रमुख वसा-बन्ध है।</td>
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<td>• केले सुरक्षित हैं। कभी-कभी आप यह जानने के लिए सबसे अच्छे जज होते हैं कि आपको क्या सूट करता है।</td>
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<td>• Bananas are not good for diabetes they are fattening and are high in sugar.</td>
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<td>• Banana causes cough.</td>
</tr>
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<td>Facts</td>
</tr>
<tr>
<td>• Bananas are safe for consumption even for diabetics due to their low to medium glycemic index. Loaded with fructose and vitamin B, banana is a source of natural sugar which is safe for anyone and everyone to eat.</td>
</tr>
<tr>
<td>• Bananas are rich in fibre and pectin. These make you feel less bloated as they allow a good build-up of healthy bacteria.</td>
</tr>
<tr>
<td>• Banana is not only low in fat but also helps in reducing cholesterol levels and is a major fat-burner.</td>
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<tr>
<td>• Bananas are safe. Sometimes you are the best judge to know what suits you.</td>
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**Custard Apple/ Sitafal**

**Introduction**

**Local Name:** Custard apple/sugar apple/ sitafal  

**Availability Time:** August to November  

**Looks/Appearance:** The size ranges from 7 to 12 cm. It has depressions giving it a quilted appearance; its pulp is white/cream yellow, sweetish and very soft.  

**Original Taste:** The flavor is a heady mix of banana and pineapple.  

**Uses:**  
Sitafal Basundi, Smoothie, Ice cream, firni.  

**Nutritional Value and Goodness:**

**Nutritional Value**  
A 100 gram serving of Sitafal has:  
Calories: 101, Fat: 0.6g, Sodium: 25mg,  
Carbohydrate 25g, Fibre: 2.4g, Protein: 1.7g, Calcium: 30mg, Iron: 0.71mg,  
Potassium: 38mg  

**Nutritional Goodness:** Custard Apple is loaded with antioxidants, which fight free radicals in your body. May promote blood sugar control.  
It is an excellent source of vitamin B6 (pyridoxine) Vitamin B6 plays an important role in the creation of neurotransmitters.
यह कैरोटेनॉइड एंटीऑक्सीडेंट ल्यूटिन में समृद्ध है, जो आपकी आंखों में मुख्य एंटीऑक्सीडेंट में से एक है जो भूमत कानों से लड़कर स्वस्थ दृष्टि बनाए रखता है।

मिथक और तथ्य

मिथक
- सीताफल में बड़े, काले बीज होते हैं। वे जहरीले होते हैं।
- पल्ले खाने में कयोंकि इसे ऊंचे स्थानों पर उगाया जा सकता है।
- डायबिटीज़ वाले लोगों को इससे बचना चाहिए।
- अधिक काजन वाले लोगों को इससे बचना चाहिए।
- दिल के रोगियों को यह सेवन नहीं करना चाहिए।

तथ्य
- यह वास्तव में मधुमेह वाले लोगों के लिए फायदेमंद है।
- इसमें पोटेशियम, मैगनीज और विटामिन—सी जैसे फायदेमंद मिनरल्स होते हैं।
- एक स्वस्थ दिल और संचार प्रणाली के लिए अच्छा है।
- यह पावन के लिए अच्छा है और सूजन को कम कर सकता है। यह एसिडिटी को भी रोक सकता है और अल्सर को ठीक भी कर सकता है। सीताफल विटामिन—वी कॉम्प्लेक्स, खासकर विटामिन—वी 6 का एक अच्छा स्रोत है।

Myths and Facts

Myths
- The custard apple has large, black seeds. They are poisonous, and should not be eaten.
- The fruit is special because it can be grown in high places.
- People with diabetes should avoid it.
- Overweight people should avoid it.
- Heart patients should avoid custard apple.

Facts
- It is in fact beneficial for people with diabetes.
- It contains beneficial minerals like potassium, manganese and Vitamin C.
- Good for a healthy heart and circulatory system.
- Custard Apple is good for digestion and can reduce bloating. It can also prevent acidity and heal ulcers. Sitaphal is a good source of Vitamin B complex, especially Vitamin B6.
A cherry is a fruit that grows on a tree or a bush. It is red in color, with a seed in the middle. It tastes slightly sour, and is often used to flavour cakes, ice cream, and pie.

**Local Name:** Cheery

**Look and Appearance:** Cherry is delicately sweet and sour. Fruits are small-sized berries about the size of table grapes that appear single or in clusters along the entire length of its woody branches.

**Taste:** It tastes slightly sour, and is often used to flavour baked sweets.

**Season and Availability:** May – June.

**Nutritional Goodness:** It is rich in vitamins K, A and C, and it also provides iron, calcium and phosphorus. It has a low fat content and no cholesterol.

**Health Benefits:**

- Rich in vitamin C is essential for maintaining your immune system and skin health and potassium is needed for muscle contraction, nerve function, blood pressure regulation.
• चेरी फाइबर का एक अच्छा स्रोत है जो आंत को लाभकारी बैक्टीरिया देती है और पचन तंत्र को स्वस्थ रखने में मदद करती है।

• चेरी में उच्च एंटीऑक्सीडेंट और एंटी-फ्लामेट्री तत्त्व होते हैं जो पुष्पांग्रही श्रीमानी को कम करने और गाथिया में लाभ दायक हो सकती है।

• चेरी में मेलाटोनिन होता है, जो नींद की गुणवत्ता में सुधार करने में मदद कर सकता है।

• मास्पेशियों में वर्द्द और स्ट्रोक के जोखिम को कम करने में मदद करती है।

• किश्चनी, लीवर, हृदय रोग में सुधार करती है।

• अल्जाइमर रोग, पारिसंस्थर रोग और अक्साद के इलाज में फायदेमंद होती है।

चेरी के बारे में दिलचस्प तथ्य:
• चेरी अक्सर अपनी सूंदर खुशबू की कजह से सौंदर्य उत्पाद और इतने उद्योग में उपयोग किया जाता है।

• चेरी के पेड जीवित रहते हुए और 100 साल के आसपास फल का उत्पादन कर सकते हैं।

• संयुक्त राज्य अमेरिका में चेरी की 1,000 से अधिक किस्में हैं

• ट्रेवर्स सिटी, मिशिगन, दुनिया की चेरी राजधानी के रूप में जाना जाता है।

चेरी से बने पदार्थ:
• चेरी अदरक की चटनी, चेरी जम, चेरी चॉकलेट केक, चॉकलेट चेरी

• Cherries are also a good source of fiber, which helps keep your digestive system healthy by fuelling beneficial gut bacteria and promoting bowel regularity

• All cherries are high in antioxidants and anti-inflammatory compounds, which may reduce chronic disease and benefit those with arthritis and gout

• Cherries contain melatonin, which may help improve sleep quality.

• Help reduce risk of muscle pain and risk of stroke

• Improve kidney, liver, heart disease.

• Beneficial in treating Alzheimer’s disease, Parkinson’s disease and depression

Interesting Facts About Cerry:
• Cherries are often used in the cosmetic and perfume industry because of their beautiful fragrance.

• Cherry tree can survive and produce fruit around 100 years.

• There are more than 1,000 varieties of cherries in the United States

• Traverse City, Michigan, is known as the Cherry Capital of the World.

Recipe Options:
Cherry Ginger Chutney, Cherry Jam, Cherry Chocolate Cake, Chocolate Cherry Fudge
कीवी की को चीनी करेंद्रा (चायनीज गुजबेरी) के नाम से भी जाना जाता है।

रूप: कीवी फल का मांस विशालता के आधार पर सूनहरा या गहरा हरा हो सकता है। एक कीवी में खाने योग्य बीज बिखरे हुए होते हैं जो कि खसखस में भी पाए जाते हैं।

स्वाद: कीवी का स्वाद उष्णकटिबंधीय मीठा होता है। यह आम और स्ट्रूबेरी का मिलाजुला स्वाद देता है।

उपयोग: शाखाओं और पत्तियों को पानी में उबाला जाता है और तरल का उपयोग कुत्तों में चम्मे रंग के इलाज के लिए किया जाता है। केवल अधिक पके या खराब आकार के फलों का उपयोग आइसक्रीम के स्वाद के लिए और शेक के साथ मिश्रित व्यक्तिगत रस उत्पादन के लिए किया जाता है जो अन्य क्षेत्रों को कम करने में मदद करता है। इसके गुणों का उपयोग मिश्रित सौंदर्य उत्पादों के साथ–साथ त्वचा की सभी समस्याओं को दूर करने के लिए किया जाता है।

मौसम और उपलब्धता: सामान्य तौर पर कीवी पतझड़ के अंत में पकते हैं। इसका मतलब कि नवंबर से जनवरी के आसपास खट्टे के लिए उपलब्ध होते हैं। इन फलों को कोल्ड स्टोरेज में रखने से इसकी शेलफ लाइफ बढ़ जाती है और उसका मतलब है कि हम इसका आनंद वसंत ऋतु में भी ले सकते हैं।

कीवी और अन्य फल अपने पौष्क तत्वों के कारण कई प्रकार से स्वास्थ्य लाभ प्रदान करते हैं। कीवी विटामीन–सी, एटी ऑक्सिडेंट और फाइबर का भी ख्यात है।

Also known as chinese gooseberry

Look and Appearance: The flesh of a kiwifruit can be golden or deep green, depending on the variety. Scattered throughout a kiwi are edible black seeds similar to those found in poppies.

Taste: Kiwi has tropically sweet taste. Some even say it tastes like a cross between a mango and a strawberry.

Uses: The branches and leaves are boiled in water and the liquid used for treating skin ailments in dogs. Only overripe or poorly shaped fruits are utilized for flavoring ice cream and for commercial juice production blended with apple to reduce acidity. Its pulp is used in various beauty products as well to solve all the skincare frustrations.

Season and Availability: In general, kiwis ripen in the late fall. This means that they are available for consumption right around November through to January. Keeping the fruit in cold storage will extend its shelf life, and mean that you can enjoy the fruit into the spring.

Kiwi and other fruits provide a range of health benefits due to their nutritional contents. Kiwis are a good source of vitamin C, antioxidants, and fiber. Antioxidants - including vitamin C,
choline, lutein, and zeaxanthin help remove free radicals from the body. Free radicals are unstable molecules that the body produces during metabolism and other processes. Kiwi fruit also provides vitamin E, or tocopherol. The antioxidant properties of vitamin E and its ability to help protect the skin from sun damage may help prevent skin disorders. It is said that having two kiwi fruits one hour before bedtime can help immensely in inducing sleep. It is loaded with minerals such as potassium, calcium, iron, and magnesium. These contribute collectively to the proper functioning of the body such as blood circulation through the vessels, fight stress, iron absorption for healthy bones and teeth, good vision, etc.
Categorized as a berry, the pomegranate fruit is about 5-12 cm (2-5 inches) in diameter. It is red, round with a flower-shaped stem. The word pomegranate means apple with many seeds. Pomegranate has anti-oxidant, anti-viral and anti-tumor properties and is said to be a good source vitamin A, vitamin C, and vitamin E, as well as folic acid. Availability time monsoon season.

**Local Name:** Anaar

**Look And Appearance:** It is red, round like a red apple. The skin is thick and inedible, with hundreds of edible seeds within.

**Taste:** Pomegranate seeds and juice are both sweet and tart in flavor.

**Season and Availability:** Best quality pomegranates hit markets during the monsoon season.

**Interesting Facts:**

1. High in Iron
2. Anti Cancer Benefits
3. Improves Skin Quality
4. Protects Against Osteoarthritis
5. High in Vitamin C & Potassium
6. Helps Fight Nausea & Morning Sickness
POWERHOUSE OF NUTRIENTS
VEGETABLES AND FRUITS

7. Dental Protection
8. Potent Anti-inflammatory
9. Anti Aging
10. Destroys Intestinal Worms
11. Soothes Stomachaches
12. Useful For Curing Fevers
13. Lowers Cholesterol
14. Lowers Blood Pressure
15. Improves Erectile Dysfunction
16. Helps Improve Memory
17. Immune System Booster
18. Great For Pregnant Women
19. Aphrodisiac
20. Potential to Reduce PSA (Prostate Specific Antigen) Levels

Interesting Facts About Pomegranate:
- Pomegranates can be stored up to 2 months in the refrigerator.
- Pomegranate trees can live for over 200 years.
- Pomegranate can hold more than 1,000 seeds.
- In Greek mythology, the pomegranate was known as the 'fruit of the dead' as it was said to have arisen from the blood of Adonis.
- In Rome it symbolised fertility.

Recipe Options:
- Pomegranate raita, Pomegranate pudding, Pomegranate juice
- Pomegranate smoothie, Pomegranate ice-cream.

DDU-KK | 62
Local Name: Tarbooz / Kalinder / Melon

Look and Appearance: The watermelon fruit can be of a single green shade, such as black-green, dark green, or light green, or have two green shades as striping.

Taste: The flavor of this summer time fruit is fresh, green and fruity with sweet and juicy tastes.

Uses: It is used in beauty products as it is rich in Vitamin A that reduces the size of skin pores.

Season and Availability: Watermelon is not just a summer fruit - it is delicious, nutritious and available year-round!

Nutritional Goodness: It also has a high-water content compared to other fruits. This makes it a uniquely hydrating food. It is coolant with great fiber content. Watermelon is rich in electrolytes, including potassium, which means it's a great replenisher for the body. Potassium also helps in reducing feelings of anxiety, irritability and stress. It is a good source of pantothenic acid, biotin, magnesium, and dietary fiber. It contains citrulline, an amino acid that...
may increase nitric oxide levels in the body and helps blood vessels to expand, which lowers BP. Other vitamins and minerals in watermelon are also good for your heart.
The fruit is widely appreciated for its characteristic aroma, bright red colour, juicy texture, and sweetness.

**Local Name:** Strawberry

**Look and Appearance:** The strawberry is a succulent and fragrant fruit of bright red colour.

**Taste:** Strawberries are juicy, sweet with a slight sour taste

**Season and Availability:** Availability time October – November

**Nutritional Goodness:** Strawberries are rich in vitamin C, potassium, folic acid, and fibre. These are all essential nutrients that support the body’s daily functioning.

**Health Benefits:**

- Strawberries contain high amounts of beneficial plant compounds and antioxidants which inhibit tumour growth and decrease inflammation in the body.
- Strawberries are rich in water and fibre can help hydrate the body and maintain regular bowel movements.
- Strawberries might have a
preventive effect against heart disease due to their high polyphenol (plant compound) content.

- The flavonoids are natural anti-inflammatory that appear to reduce the risk of atherosclerosis.

- Due to their high potassium content, strawberries might provide benefits for people who have raised risk of high blood pressure by helping to offset the effects of sodium in the body.

**Interesting Facts About Strawberry:**

- Each berry has over 200 seeds on its surface.

- There is a museum in Belgium just for strawberries.

- According to European folklore, if two people share a double strawberry they’ll fall in love.

- Strawberries are the member of rose family.

- Strawberries are also in yellow, blue, white, black and purple color.

- February 27th is National Strawberry Day in USA.

**Recipe Options:**

- Strawberry chocolate chip icecream
- Strawberry lassi,
- Shrikhand
- Raita
Local Name: Aam/ Amba

Look and Appearance: The fruit varies greatly in size and character. Its form is oval, round, heart-shaped, kidney-shaped, or long and slender. The smallest mangoes are no larger than plums, while others may weigh 1.8 to 2.3 kg (4 to 5 pounds). Some varieties are vividly colored with shades of red and yellow, while others are dull green.

Taste: Mangoes are generally sweet, although the taste and texture of the flesh varies across cultivars; some, such as Alphonso, have a soft, pulpy, juicy texture similar to an overripe plum, while others, such as Tommy Atkins, are firmer, like a cantaloupe or avocado, with a fibrous texture.

Season and Availability: Mangos begin in early March, reach peak availability in July.

Nutritional Goodness: It is rich in Vitamin A. Vitamin C. Vitamin K. Potassium.

Beta-carotene, Folate, Choline Magnesium, Fibre

Uses: When it comes to skincare, mango helps in protecting your skin against the
Once you have cooked your vegetables, spend some time on presentation. Eaters are more likely to enjoy a meal if it’s full of variety and visually appealing, as well as tasty. Sit at the table to eat together and enjoy your food without distractions like television and Mobile.
Berries

Healthy and Cheaper Desi Berries

Berries are tiny but has many health benefits along with antioxidants and cancer fighting phytochemicals like anthocyanin, salicylic acid etc.

Strawberries and other exotic/expensive berries are not the only route to score berries for their superlative benefits. There are many Indian berries too that deliver benefits – but are sadly ignored. Perhaps because no one has smartly marketed them.

Here are few of them:

Rasbhari

Packed with antioxidants and cancer-fighting phytochemicals.

Has an ORAC (depicts the total antioxidant capacity of a food) of 4,900 units per 100g, which is exceptionally high.

It helps with weight loss has high fibre content, and manganese that boost the basal metabolic rate (the amount of energy we burn while at rest)

Amla/Gooseberry

It supports liver function, fortifies lungs and is a detox.
It is an alkaline food, so helps balance the stomach acid levels and make the gut alkaline. (An alkaline gut is essential for overall health and vitality.)

It also boosts our immune system and helps increase the white blood count to keep seasonal viruses away.

Is rich in vitamin C, calcium, B complex vitamins, iron, and difficult-to-find trace mineral chromium, that has a therapeutic value for diabetics.

**Phalsa**

Phalsa is a cooling fruit perfect for summers

This really tiny, dark purple berry beautifully balances sweet and sour flavours like of blueberries.

It is high in potassium, low in sodium and so is a good friend of our hearts, it purifies blood and regulates blood pressure and cholesterol levels.

**Karonda**

The fruit shows anti-diabetic potential, is a blood sugar stabiliser, besides working as a guard against liver damage, colon and prostate cancer.

These tiny, pink-coloured berries are sour but taste delicious when eaten with a sprinkling of rock salt.

Also helps prevent anaemia as it is a good source of iron.

**Kokum**

Garcinol, an active constituent present in kokum, is anti-carcinogenic.
It’s great for our digestion and cools the body during summers. It contains hydroxycitric acid (HCA) that acts as an appetite suppressant.

It is loaded with magnesium, potassium and manganese that protects against heart disease and aids in control of blood pressure.

**Jamun/Blackberry**
This is a proven anti-ageing food. The oxygen radical absorbance capacity (ORAC) of jamun is 2,036 units.

Jamun is hypoglycaemic, eating it helps keep the blood sugar stable, so is a popular diabetes-preventive food.

Its high iron content makes it a must-eat food for those prone to anaemia.

**Ber**
Rich in calcium, it helps strengthen the bones, muscles and teeth.

The high in Vitamin C, A helps boost the immune system.

It can help fight Alzheimer’s by helping fight cell degeneration and aiding in cognitive functioning of the brain.

**Myths and Facts**

**Myths**

- Berries cure Cancer and cardiovascular disease.
- You shouldn't eat sweet fruits, like berries, if you have diabetes.

**Myth and Truth**

**Myth**

- Berries cure Cancer and cardiovascular disease.
- You shouldn't eat sweet fruits, like berries, if you have diabetes.
• Fresh berries are always healthier than frozen berries.

**Facts**

• Berries are a healthy food and should be a part of an individual’s diet. The richer the color of the berry, higher the anthocyanins and antioxidant.

• One large handful (1/2 a cup) of juicy blueberries contains just 44 calories has 4 grams of dietary fiber and 10% of your daily recommended vitamin C content.

• The blueberry is one of the only foods that is truly naturally blue in color. New research suggests frozen blueberries deliver a bigger dose of disease-fighting antioxidants than fresh ones. These antioxidants come from compounds called anthocyanins, which give blueberries their blue-purple hue. The ice crystals that form when the berries are frozen disrupt the structure of the plant tissue and make anthocyanins more available.

• जमे हुए बेरी की स्वास्थ्यवर्धक होते हैं।

**Facts**

• बेरी एक स्वास्थ्य भोजन है और इसे व्यक्ति के आहार का हिस्सा होना चाहिए। बेरी का संगीतना रंग समृद्ध होगा और एंटीऑक्सिडेंट उतना ही अधिक होगा।

• एक बड़ी मुड़ी (1/2 कप) स्वादार ब्लूबेरी में केवल 44 कैलोरी होती हैं जिसमें 4 ग्राम आहार फाइबर होता है और आपकी दैनिक अनुशंसित विटामिन—सी का 10% होता है।

• ब्लूबेरी एकमात्र ऐसे खाद्य पदार्थों में से एक है जो वास्तव में प्राकृतिक रूप से नीले रंग का होता है। नए शोध से पता चलता है कि जमे हुए ब्लूबेरी ताजा लोगों की तुलना में रोग से लड़ने वाले एंटीऑक्सिडेंट की एक बड़ी क्षुद्रता प्रदान करते हैं। ये एंटीऑक्सिडेंट एंथोसायनिन नामक यौगिकों से आते हैं, जो ब्लूबेरी को अपना नीला–ब्लूग्री रंग देते हैं। बर्फ के क्रिस्टल जो बेरी के जमने पर बनते हैं, पोथे के उत्कर्ष की संरचना को बाधित करते हैं और एंथोसायनिन को अधिक उपलब्ध कराते हैं।
VISION
To contribute effectively to the national endeavour of producing quality skilled human workforce in demand of world of work by providing them holistic education aligned with skilling competencies as per sectoral demands for employment and entrepreneurship.

MISSION
• To develop excellent skilled youth especially in desired sectors by developing them with adequate academic knowledge and vocational skills so as to fulfill the demand of related industries.
• The institute is committed for development of the community around, by imparting desired skill competencies for the social and economic growth.

OBJECTIVES
• Creating skilled manpower for industry requirements.
• Coordinating between higher education system and industry to become a centre of excellence for skill development in specialized areas.
• Undertaking R&D in the areas related to skill education and development, entrepreneurship, employability, labour market trends etc. at post graduate and research level.

SALIENT FEATURES
• Syllabus of various courses are designed by Senior Academicians and related Industry Experts.
• Classes are held regularly by inviting Senior Academicians and Professionals.
• Weightage of skill component in each course is 60% whereas that of general component is 40%.
• Industry visits and expert lectures are regular features of teaching-learning process.
• Pursuing project in each semester is mandatory.
• The students are encouraged to participate in short term courses organized by DDU-KK.
• Internship is an essential and indispensable part of each course.
COURSES OFFERED AT DDU-KK

CERTIFICATE COURSES (6 Months)
- Online Certificate in Fitness Nutrition
- Certificate in Nutrition & Dietetics
- Certificate in Landscape Design
- Certificate in Handicraft
- Certificate in Logistics & Supply (Cargo Management)
- Certificate in Digital Marketing
- Certificate in Exports and Imports Management

DIPLOMA COURSES (1 Year)
- Online Diploma in Fitness Nutrition
- Diploma in Nutrition & Dietetics
- Diploma in Landscape Design
- Diploma in Handicraft
- Diploma in Logistics & Supply (Cargo Management)
- Diploma in Digital Marketing
- Diploma in Exports and Imports Management

ADVANCED DIPLOMA COURSES (2 Years)
- Advanced Diploma in Nutrition & Dietetics
- Advanced Diploma in Landscape Design
- Advanced Diploma in Handicraft
- Advanced Diploma in Logistics & Supply Chain Management
- Advanced Diploma in Digital Marketing
- Advanced Diploma in Exports and Imports Management

UG COURSES (3 Years)
- Bachelor of Vocation in Nutrition & Dietetics
- Bachelor of Vocation in Landscape Design
- Bachelor of Vocation in Handicraft
- Bachelor of Vocation in Logistics & Supply Chain Management
- Bachelor of Vocation in Digital Marketing
- Bachelor of Vocation in Exports and Imports Management

PG COURSES (2 Years)
- Master of Vocation in Interior Design
- Master of Vocation in Nutrition & Dietetics
- Master of Vocation in Landscape Design

RESEARCH LEVEL PROGRAMMES
- In all aforementioned sectors.

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