

# Sinful Nutrition Where Every Veggie Has A Dark Side

**FreakToFit**







*What do you understand by words – “Sinful Nutrition Where Every Veggie Has A Dark Side”. However, if you define the sentence, you will have two profound concepts :-*

*Nutrition.*

*And the bad or negative side of nutrition.*

*That is, an attempt has been made to clarify both sides of nutritious vegetables through words.*

*In the article, I will explain all the sides with various examples that will help you get the right ideas about ‘sinful nutrition where every vegetable has a dark side’.*

*What Does It Means : Sinful Nutrition Where Every Veggie Has A Dark Side?*

*Sinful nutrition where every veggie has a dark side means not all vegetables are good for health as there are a few vegetables that are surprisingly high in calories, unhealthy fats, sugar.*

*For examples :-*

*Zinc-rich fruits & vegetables meet the daily needs of our body. According to studies excessive consumption of zinc rich foods are always harmful to our body.*

*One corn cob contains more than 300 calories and 100 grams of sugar.*

*Broccoli contains toxins that can damage your liver.*

*One serving of peas contains 500 calories and 40 grams of fat.*

*Even a small potato contains 200 calories and 4 grams of fat.*

*Brussels sprouts contain compounds that can cause digestive problems.*

*So, before you consider vegetables for your diet, be sure to take a closer look at nutrient labels. Otherwise, you may be in for a stern awakening when it comes to your waistline.*

*For your ease we have make a list of healthy vegetables that you must incorporate in your daily diet.*

## *List Of Healthy Vegetables.*



*There are huge list of healthy vegetables. But from those few list of healthy vegetables are as follows:-*

*Sweet potato.*

*Beet.*

*Carrot.*

*Tomatoes.*

*Fermented vegetables.*

*Garlic.*

*Onion.*

*Alfalfa sprouts.*

*Capsicum.*

*Which Vegetables Has A Dark Side & Why?*

*Many vegetables are beneficial for your health, but few are not. It all depends upon which one you eat, how much and in what combinations.*

*If you're looking for a way to include more vegetables in your diet, avoid the following according to your health condition:-*

*1. Broccoli.*

*Broccoli is a very good source of vitamin K and fiber. It also contains sulforaphane, which can protect against cancer and heart disease. However, it is high in oxalates, which can cause kidney stones if you consume it too often.*

*2. Brussels Sprouts.*

*Excessive consumption of Brussels sprouts may cause stomach cancer. They contain compounds that can increase the risk of cancerous tumors in the colon or rectum.*





### *3. Cabbage.*

*Eating cabbage, raw or cooked at high temperatures can cause irritation in your stomach.*

*Cook the cabbage until soft before eating. The cooking process reduces the sulfurous compounds found in cabbage that can irritate the lining of your stomach or causes bloating or cramps by eating it raw or cooking it at a high temperature.*

### *How To Prevent Sinful Nutrition Where Every Vegetable Has A Dark Side?*

*Although vegetables contain the maximum amount of nutrients like vitamins, minerals, etc., some people still do not like them. We can prevent sinful nutrition by consuming many fruits and foods.*

*Never depend on a single food, try to eat multiple foods. You have to change your food on a daily basis otherwise you may dislike a specific food or may face health issue. It's not your fault, it's a human psyche. Humans cannot eat only one or two foods for a long time.*



*My Advice.*

*I think now you're clear about the words. You should eat something and avoid something to stay fit and healthy. If you do it regularly, you may be different from others as a healthy person.*

*Who doesn't want to be healthy? Everyone wants it. Because it's the science of looks, fashion grooming and lifestyle.*

*I think any kind of fashion is related to health. And health is another lifestyle if you are passionate about your lifestyle.*

*Keep yourself healthy and stay fit by consuming more of these dark green vegetables. They are rich in nutrients, low in calories and rich in vitamins. You can also include them in your fruit salad or vegetable salad.*

*Make sure you choose the right kind of vegetables as not all are good for your health and your medical condition. Some are high in calories and others are high in vitamins and minerals.*

*You can mix these vegetables with quinoa, rice and pasta for a balanced diet. I highly recommend these dark green vegetables for your daily diet.*

*It is easy to include these vegetables in your diet. You can eat these with almost any meal and in any form, or you can consume it as a salad to your dinner or use protein-rich foods such as fish or chicken. However, you can make vegetable juices or even add vegetables to your smoothie.*





*Bottom Line.*

*Today I told you about sinful nutrition where every veggie has a dark side. So, these were the dark aspects of vegetables that every person should know. Eating more vegetables can help keep your body healthy. They are low in calories and loaded with nutrients and vitamins. However must sure you're eating the right one.*

*Vegetables are one of the healthiest foods out there, so you should try to include them more in your diet. It's easy to add them to any food, and they're loaded with nutrients and vitamins that are good for your health.*