

8. U Sohkhia (Cucumber)

- U sohkhia u bun bha ki jait Vitamins, ki minerals, ki anti oxidants, ka protein, ki kynja ksai (fiber) bad kiwei kiwei de
- Ka Vitamin K ba ioh na u sohkhia ruh ka pynbha ia ki shyieng bad pyllait ruh na ka jingpang klet beij ha ki ba la kham noh ka met.
- U pynduna ia ka high blood pressure (BP) bad pynduna ruh ia ka jingsngaid ka met u briew.
- U pynduna ia ka ka jingsniew ba mih na u Sodium bad pynbha ia u klongsnam, pynduna ia ka cholesterol, pynbha ia ka jingtylliat ka kpoh bad pynduna ia ka jingeh kpoh.



9. U Palong/Palak (Spinach)

- U don bun ki jait Vitamins, ki minerals, ki anti oxidants, ka protein, ki kynja ksai (fiber) bad kiwei kiwei de.
- Ka Vitamin K ba ioh na u ka pynbha ia ki shyieng bad pyllait ruh na ki jingpang Alzheimer bad kiwei de.
- Ki doctor ki ju bthah ban bam ia u palong khnang ban pynduna jingsngaid bad ban pynduna ka cholesterol ha ka met.
- U bha na ka bynta ka kpoh, u klong snam, pynkhlain ia kiba dang pun khun, ialeh pyrshah ia ki radicals, pynbha ia ki khmat, ka snieh doh, ialeh pyrshah ia ki jingpang ki ksah ha kiba la kham noh ka met (ARMDs-Age related muscular disorders).
- U iada na ki cancer, pynkhlain ia ki ksah u klongsnam, iada na ka jingpang duna snam (anemia) bad kumjuh ban pynduna ia ka jing jem shyieng.



10. U Phul jyrngam (Broccoli)

- U brocolli u kordor kum u phul kubi ha ka koit ka khiah u briew.
- U lada na ki jingpang cancer, ialeh pyrshah ia ki khniang ba wanrah ia ka jingpang shit met (flu), pynbha sniehdoh, iada na ki jingduna ka bor ki khmat khamtam ynda la noh ka rta.
- U bun ki jait vitamin ha u



11. U Dhonia (Coriander)

- U dhonia u don bun jait ki dawai ba tei ia ka met kum kiwei pat ki jait jhur.
- Kham bunsien la ju pyndonkam ia u dhonia kum u jingber ban pynbang.
- U bun ki jait vitamin ki minerals ha u.
- U iarap ha kaba shna ia ki red blood cells da kaba ai ka Iron.
- U pynmih ka umphniang ia kaba ju shna ki dawai ba bun jait kum ka dawai ialeh pyrshah ia ki jingpang ksah, dawai kpoh, dawai dap lyer, dawai khniang snieh doh, ban pynduna jing khia ka met, ban pynsma iwbiha bad kiwei kiwei de.



KI JINGMYNTOI BA IOH NA KI JHUR BAPHER BAPHER

LA PYNKHREH BAD PYNWAN
DUR SHA KA KTEN
KHASI DA I



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Ki jingmyntoi ba ioh na ki jhur bapher bapheh

Uwei u briew u donkam ban bam kumba 250-350 gm u jhur ha ka shi sngi. Ngi ioh ki carbohydrates, ka khlein, proteins vitamins bad mineral na ki jhur kiba iarap ban tei ia ka met. Ki jingmyntoi kiba ngi lah ban ioh na ki jhur bapher bapher ki long kumne harum.

1. U Kajor (Carrot)

- U bun bha ka Vitamin A, Carotenes (ba iarap ban iada na ki jingpang kum ka cancer)
- Na ka 100gram u kajor lah ban ioh ka bor 41 cal
- U don ruh kiwei ki dawai ba tei ia ka met kum ka protein, ka calcium, ka khlein, ka carbohydrates(9.58g), ki vitamins bad kiwei kiwei de.
- U iarap ban pynduna ia ka cholesterol, ka Blood pressure bad ha kajuha ka por ban laleh pyrshah ia ka cancer.
- U pynbha ia ki snier namar u bun ki fibre (ki kynja ksai).
- Pynkhlain ia ka ka bor met ban laleh pyrshah ia ki jingpang (immunity).
- U pyn neh ia ka jinglong ka snieh doh, u shniuh bad ki tyrsim.



2. U Presbin (French Bean)

- U iarap ban pynduna ia ka khlein, ka cholesterol ha ka snam bad kumjuh ha kaba iarap ban tylliat ka jingbam ha ka kpoh.
- Na 100 gram u presbin lah ban ioh 31 cal ka bor.
- U iada na ka cancer ba lah ban jia ha ka kpoh ne snier (colon), pynbha ia ka met ban laleh pyrshah ia ka pang mat (arthritis).
- U iarap ia ki khmat (retina) bad kumjuh ruh ban pynduna ia ki jingpang kiba iadei bad ki ksah haba lah noh ka rta.
- Ka potassium ha u presbin ka iarap ban pynbha ia ka jingtied u klongsnam bad pynbha ia ka blood pressure.
- Ki iron ba lap ha u presbin ka pynbha ia ki dkhot ba rit kum ki cells.



- U pynduna ia ka jingbun shini ha ka snam (good for diabetic patients) khamtam hadien ba lah dep bam bad u ai bor na ka bynta ki kynthei kiba armet.

3. U Phul kubi (Cauliflower)

- U don ki dawai ban laleh pyrshah ia shibun ki jait cancer kum ka prostrate, breast, colon, cervical bad ovarian.
- U phul kubi ym don cholesterol bad u duna bha ka khlein. U don ruh bun jait ki vitamins (A, B-complex, C, E, K, Foliates) bad ki antioxidant ban laleh pyrshah ia ka jing tlor ki dkhot met.
- Na 100 gram u phul kubi lah ban ioh 26 cal ka bor bad 2 gram ka jingbam ba kynja ksai (fibre).
- Ka Di-indole-methane ka dawai ba don ha u phul kubi ka iarap ban laleh pyrshah ia ka jingrung ki jingpang ha ka met.
- U bun bha ka vitamin C kaba long ka dawai bah ban iada na ki jingpang, ka jingtlot ki dkhot met, ka jing pynsniew ki antioxidant, ka pynkhlain ruh ia ka bor met.



4. U Kubi (Cabbage)

- Ka jing trei kam u kubi ha ka met u briew ka long kum u phul kubi.
- U iarap ban iada na ki cancer bapher bapher ha ka met, ban pynduna ka cholesterol ha ka snam bad ban laleh pyrshah ia ki khniang jingpang.
- U pynbiang ia ki Vitamin B-1, B-5, B-6 ia kaba ka met kam lah ban shna.
- U ai ka Potassium bad magnesium kiba iarap ban pyntrei kam bha u klong snam bad blood pressure (BP).
- U bun bha ka Vitamin K kaba iarap ban pynkhlain ia ki shyieng ha ka met.
- Ka Vitamin K ha u kubi ka iarap ruh ban pynduna ia ka jing pynthut ka jing pang klet bieij ba ia dei bad ka rta (Alzheimer).



5. U Sohlakum (Turnip)

- U sohlakum u don ki juh ki jingmyntoi ha ka koit ka khiah kum ki jhur ba la kdew haneng.
- Ki sla jyrngam ki long kiba kordor ha ka jingdon ki dawai ba pyntei met kum ki jait Vitamin B-complex, ka calcium, Manganese, Iron bad Copper.



6. U Bit (Beetroot)

- U bit u don ka dawai Glycine Betaine kaba pynduna ia kata ka Homocysteine kaba barabor ka ju pynwit ia ka jing iaid beit ka snam ha ka met u briew da kaba ka shna ia kiei kiei ki ba kah wit ia ka jing iaid beit ka snam. Kumta ka pynduna ia ka jing ioh pang stroke bad kiwei de ki jing pang klong snam.
- Ka jingdon bun palat ka Sodium ha ka met ka pynstet ia ka jing tied u klong snam, katba ka Potassium ba ioh na u Bit ka pynduna ia ka jingtied u klongsnam.



7. U Motor (Pea)

- U motor u dei uwei na ki jhur ba kynja symbol u batei bha.
- U bun ki jait Vitamins, ki minerals, ki anti oxidants, ka protein, ki dawai ba kynja ksai (fiber) bad kiwei kiwei de.
- U don ka Folic acid (Folate) kaba donkam na ka bynta ban shna ki DNA kiba biang. Ka Folate (B-complex) ka bha na ka bynta ki kynthei ba dang pun ha ka ban pynsan ia ki khyllung ki ba khlain bad ka iada na ki jingpang ba ktah ia ka jingsan I khyllung ha ka kpoh ka kmie por ba pun (NTDs).
- Ka pynduna ia ka Cholesterol.
- Ka Vitamin K ba ioh na u motor ka pynbha ia ki shyieng bad pyllait ruh na ka jingpang Alzheimer.
- U ai ruh ka Vitamin A ruh ba ia dei ia ki khmat, ka sniehdoh bad ka iada na ki jing pang cancer kum ka cancer ki tor bad u ryndang.

