

Salad and Human Health

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ABSTRACT: Food is one of the most important basic needs of man. It is not only important but one of the most essential needs of ours, without it our survival is inconceivable. Food is a composite item. As tie and scarf enhance the look of dress, salad increases and enriches the quality and nutritive value of food. If one wishes to have healthy food, well, inclusion of salad in our plate is a must. Let us take a close look at 'salad'.

'Salad' is derived from Latin word 'Sal' measuring 'salt', which is really one of the most important dressing elements.

Morden salads include onion, tomatoes, cabbage, cucumber, green chilli, broccoli, carrot and some such things. Salad is also used as an appetizer. It is very useful in effecting secretion of saliva that helps in digestion of food. On the other hand it is surprising that many people don't eat salad even once daily, they are to be made aware of salads usefulness. With a little guidance and a few minutes of work only, one can learn how to prepare salad in simple to spectacular form. Salad has a way of tweaking up our taste buds and our creativity. Here under are discussed the common ingredients of salad with their potency.

I. Cucumber:

It is low in calories and rich in nutritional value. It is mostly eaten in raw form.

100 grams of cucumber (with peel) contains:

16% calories

6% fat,

86% carbohydrates

8% protein

Minerals:

Phosphorus - 12 mg

Magnesium - 7 mg

Calcium - 8mg

Potassium - 76mg

Water - 50grams

It is very low in sodium and hence is not likely to raise the cholesterol level in our blood.

II. Radish:

It is the main ingredient of salad. It contains a lot of water and fibre. Its juice is beneficial for digestive and detoxification of body.

Radish is low in calories. Fat and cholesterol; but rich in folic acid, vitamin C and anthocyanin. There nutrients are beneficial in our fight against oral, colon and intestinal cancer as well as kidney and stomach cancer.

One cup of sliced radish contains:-

Proteins

Carbohydrates

Fats

17 calories

Fibre - 2 grams

Vitamin C - 15 grams

Calcium - 35 mg

Phosphorus - 22mg

Vitamin B

III. Carrot

Carrots are a low calorie food and have a lot of fibre. Carrots are also rich in vitamin A, which is very good for eyes. In addition to being rich in vitamin A, carrots have other vitamins too though in small amount. Vitamin A found in carotenoids form have the name carrot.

An adult man needs 30 – 35 grams fibre on daily basis and women 20 – 25 grams. Although this fibre is indigestible in human body as it prevents obesity, increases digestion, protects from cancer, maintains cholesterol. Thus in general supports good health.

One cup of carrot sticks contains:

50 Calories
Protein - 1 gram
Fat - less than 1 gram
Carbohydrates – 12 grams
Sugar – 6 grams
Fibre – 4 grams
Vitamins A – 156 grams
Water – 88%
Calcium – 42.43mg
Iron – 0.4mg
Phosphorus – 44.8mg
Potassium – 410mg
Copper – 0.1mg
Manganese – 0.2mg
Sodium – 88.3mg

IV. Onion

It helps in reducing cholesterol. It has small amount of manganese, zinc and iron.

One cup of onion contains:

Fibre – 2.1 grams
51 Calories
Protein – 1.3 grams
Carbohydrates – 11.6 grams
Fats – 0.13 grams
Vitamin C – 3.9 grams
Calcium – 3.5 grams

V. Tomato

Tomato is low in calories and rich in nutrients. It makes healthy addition in diet. Tomato rich in lycopene, which protects us from cancer and many other diseases. Carotenoid gives red colour to tomato. It has antioxidants which protects human cells from oxidative damage. It is a good source of vitamin A and C as well as minerals especially potassium.

One large tomato contains:

Carbohydrates - 7 grams
Protein – 16 grams
Fats – 0.4 grams
Vitamin A – 1.516 IU
Vitamin C – 25mg

VI. Green Chilli

Green chilli is the member of capsicum family. It has a variety of essential nutrients such as vitamin A,C and also minerals. It has large amount of water.

One ½ cup of green chilli contains:

30 calories
Carbohydrates – 7.1 grams
Protein – 1.5 grams
Fat – 0.15 grams
Fibre – 1.1 grams
Vitamin C – 181 mg
Potassium – 255mg
Iron – In small amount

VII. Beet

Beet is highly nutritive and has antioxidants; is good for cardio vascular health as it is low in cholesterol. Beets have red colour due to betainepigments such as betanin and betacyanin. It is a rich source of folates; very

essential for DNA synthesis within cells. Beats rich in vitamin B complex as niacin, pantothenic acid, pyridoxine (B6). Rich in minerals like manganese, copper & magnesium.

In 100 grams beat provides:-

45 calories

Folates – 27%

Potassium – 325mg or 7%

Fat and vitamin C – In little amount

Salad is thus surely important, essential and unavoidable item of ‘healthy food’, the beauty is that almost all of its ingredients are neither costly nor difficult to get. The only thing that we are supposed to do is just to create awareness about it. The sooner it is done the better it will be for mankind.