

Calorie & nutrition guide : vegetables / Tesco.

Contributors

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**CUSTOMER
INFORMATION**

at
TESCO

CALORIE & NUTRITION G U I D E

VEGETABLES

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CALORIE & NUTRITION GUIDE

VEGETABLES per 1oz/28g or as stated	FAT grammes	CALORIES kcal	OTHER NUTRIENTS
Asparagus, boiled	0.2	7	B, C
Aubergines	0.1	4	-
Beans, runner, boiled	0.1	5	C
Beans, fine, boiled	0.1	6	C
Beans, flat, boiled	0.1	5	C
Beetroot	tr	10	B ₁
Broccoli, boiled	0.2	7	C, F
Brussels Sprouts, boiled	0.4	10	C, B ₁ , F
Cabbage, boiled	0.1	4	C
Carrots, raw	0.1	10	F, A
Carrots, boiled	0.1	7	F, A
Cauliflower, boiled	0.3	8	B ₁ , C
Celeriac, raw	0.1	5	C
Chicory, boiled	0.1	2	-
Courgettes, boiled	0.1	5	B ₁ , C
Fennel, boiled	0.1	3	-
Greens, boiled	0.2	6	F, I, A, B ₁ , C
Haricots Verts, boiled	0.1	6	C
Leeks, boiled	0.2	6	B ₁
Mushrooms, raw	0.1	4	B ₁
Mangetout, boiled	tr	7	C
Marrow, boiled	0.1	3	-
Onions, raw	0.1	10	-
Parsnips, boiled	0.3	18	F, B ₁ , C
Potatoes, boiled	tr	20	-
Spinach, raw	0.2	7	C ₁ , I, A, E, B ₁ , C
Spinach, boiled	0.2	5	C ₁ , I, A, E, B ₁
Sugarsnaps, boiled	0.1	9	C
Swede, boiled	tr	3	C
Sweet Potatoes, boiled	0.1	24	A, E, C
Sweetcorn, boiled	0.6	31	B ₁ , F
Sweetcorn, baby, boiled	0.1	7	B ₁ , C, F
Turnips, boiled	0.1	3	-

Microwaving, steaming or baking vegetables will give similar figures to boiling.

Roasting/Frying: add 120 Calories (kcal) for every tablespoon (15ml) of oil used.

Other Nutrients Key

A	Vitamin A	B ₉	Folic Acid	E	Vitamin E
B ₁	Vitamin B ₁ (Thiamin)	B ₆	Niacin	C ₁	Calcium
B ₂	Vitamin B ₂ (Riboflavin)	C	Vitamin C	I	Iron
B ₁₂	Vitamin B ₁₂	D	Vitamin D	F	Fibre



Fresh fruit and vegetables are naturally low in fat, contain only naturally occurring sugars and most are high in fibre. They should make up the second largest part of your total daily diet.

Aim to eat at least 1lb (1/2 kg) of fruit and vegetables every day. This is equivalent to about 5 portions of fruit and vegetables (e.g. a glass of fruit juice, 2 pieces of fruit and 2 portions of vegetables).

By eating plenty of fruit and vegetables not only are you increasing your intake of vitamins, minerals and fibre, you are also reducing the opportunity for eating foods which are high in fat and sugar.

Vegetables are not only excellent value for money, they are wonderfully diverse in flavour and texture, adding variety and nutrition to every meal. Steaming and microwaving vegetables are excellent alternatives to boiling and this will also help the vegetables retain their natural vitamins and minerals. Serving vegetables a little crisp/crunchy will also help the vegetables to retain their natural goodness.