

*Experiment No. 1:*

*To Identify Nutrient – Rich sources of food (Vegetables and fruits), their seasonal availability, Nutrients & price.*

## **VEGETABLES**

<b>S.No.</b>	<b>Vegetable Name</b>	<b>Nutrient</b>	<b>Seasonal Availability</b>	<b>Price</b>
1.	Broccoli	Rich in carbohydrates, protein, vitamin A, vitamin B1, vitamin B2, vitamin E, vitamin K & vitamin C	During winter season	Rs.80/ kg
2.	Drumstick	Rich in Protein, Riboflavin, dietary fibres, carbohydrates, vitamin B1, Calcium	Available during summer season	Rs. 40/kg
3.	Capsicum	Rich in vitamin A, vitamin C, dietary fibres, folate and vitamin E, B6	Mostly during winter season	Rs. 40/kg
4.	Tomato	Rich in vitamin C	Available in all season but main is March to June.	Rs. 35/kg and above
5.	Spinach	Rich in Calcium. vitamin K, Proteins, Iron	Available throughout the year	Rs. 40 onwards
6.	Beet root	Rich in Iron, vitamin A, vitamin K, vitamin C	Available in early June onwards.	Rs. 60 onwards
7.	Pumpkin	Rich in beta carotene	Available in September and October.	Rs. 45/kg onwards
8.	Cabbage	Rich in vitamin C and fibres	Available in all year around but mainly in winters.	Rs. 60/kg onwards
9.	Okra (Bhindi)	Rich in Calcium, vitamin A & vitamin C, Iron	Available throughout the year, mostly in summer	Rs. 40/ kg onwards
10.	Potato	Rich in Carbohydrates.	Available throughout the	Rs. 30/kg onwards

			year.	
11.	Carrot	Rich in vitamin A, K, C and also in Iron.	Available in winters from November to February.	Rs. 60/kg onwards
12.	Cucumber	Rich in vitamin A, B, and C.	Available in May to August.	Rs.48/kg onwards
13.	Ginger	Rich in manganese, potassium.	Available in during winter	Rs. 140/kg onwards
14.	Onion	Rich in vitamin C, Sulphur	Available all through the year.	Rs. 50/kg onwards

### ***FRUITS***

<b>S.No.</b>	<b>Vegetable Name</b>	<b>Nutrient</b>	<b>Seasonal Availability</b>	<b>Price</b>
1.	Apple	Vitamin A, B1, B2, B6, B5.B9, K, C, E Iron, Calcium, Zinc, Sodium	During winter season mostly	Rs. 200/ kg
2.	Banana	Vitamin B1, B2, B3, B5, iron, protein, Potassium, Manganese, Phosphorus, Sodium	Available throughout the year	Rs. 50/kg Or Rs. 45/ Dozen and above
3.	Cherry	Vitamin B1, B2, B3, dietary fibres, protein, Beta-carotene	During winter season	Rs. 200/kg
4.	Cheeku	Carbohydrates, dietary fibres, Calcium, Potassium, phosphorous, vitamin C, B2	During winter season (November- January)	Rs. 40/kg

5.	Kiwi	Vitamin C, vitamin D, Sodium, Potassium, carbohydrates	Available during winter season	Rs. 50/piece
6.	Orange	Vitamin C, A, Calcium, carbohydrates, dietary fibres, Potassium	Available during winter season	Rs. 80/kg
7.	Mango	Vitamin A, C, B6, potassium, carbohydrates, Sodium, Magnesium, Iron	Available during summer season (May-July)	Rs. 80/kg
8.	Pineapple	Potassium, Vitamin C, B6, A, Sodium car	Available during Late Summer	Rs. 80/ Piece
9.	Guava	Potassium, carbohydrates, vitamin C, A, B6, Magnesium, Calcium	Available during Late Summer and Winter	Rs. 80/kg
10.	Peach	Potassium, carbohydrate, vitamin C, A, Magnesium, Iron	Available during Summer season	Rs. 100/kg
11.	Grapes	Potassium, carbohydrate, vitamin C, B6, A, Magnesium, Iron, Sodium	Available during winter season	Rs. 200/kg
12.	Watermelon	Potassium, Vitamin A, C, Sodium, Iron,	Available during summer season, (May- June)	Rs. 40/kg
13.	Plum	Carbohydrates, Vitamin C, K, Potassium	Available during summer season	Rs. 200/kg
14.	Strawberry	Carbohydrates, vitamin C, E, K,	Available during winter season	Rs. 100/Pack approx. 250gm

		B1, B2, B6, dietary fibres, zinc, potassium		
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