



## A Teaspoon Guide to Vegetables

There is no such thing as a bad vegetable. All vegetables contain some level of fructose, but it is insignificant and it is vastly overwhelmed by the fibre content. The chart below plots fructose against fibre for most of the vegetables you are likely to encounter in the supermarket. It's worth noting though that the scales are not the same as the vegetable graph. The vegetable with the highest fructose content (beetroot) would be in the same position as kiwi vegetable, one of the lowest fructose vegetables.

This guide is a little different to the guides for processed food. Here I show the differences in total fructose content for different types of vegetables. Since fructose is the poison that I am concerned about and good data exists on exactly how much is in each vegetable, I've used that data rather than relying on an approximation based on what appears on a food label.

Different species of vegetables contain different amounts of fructose (for example some tomatoes are sweeter than others). So the information presented below is necessarily an average.

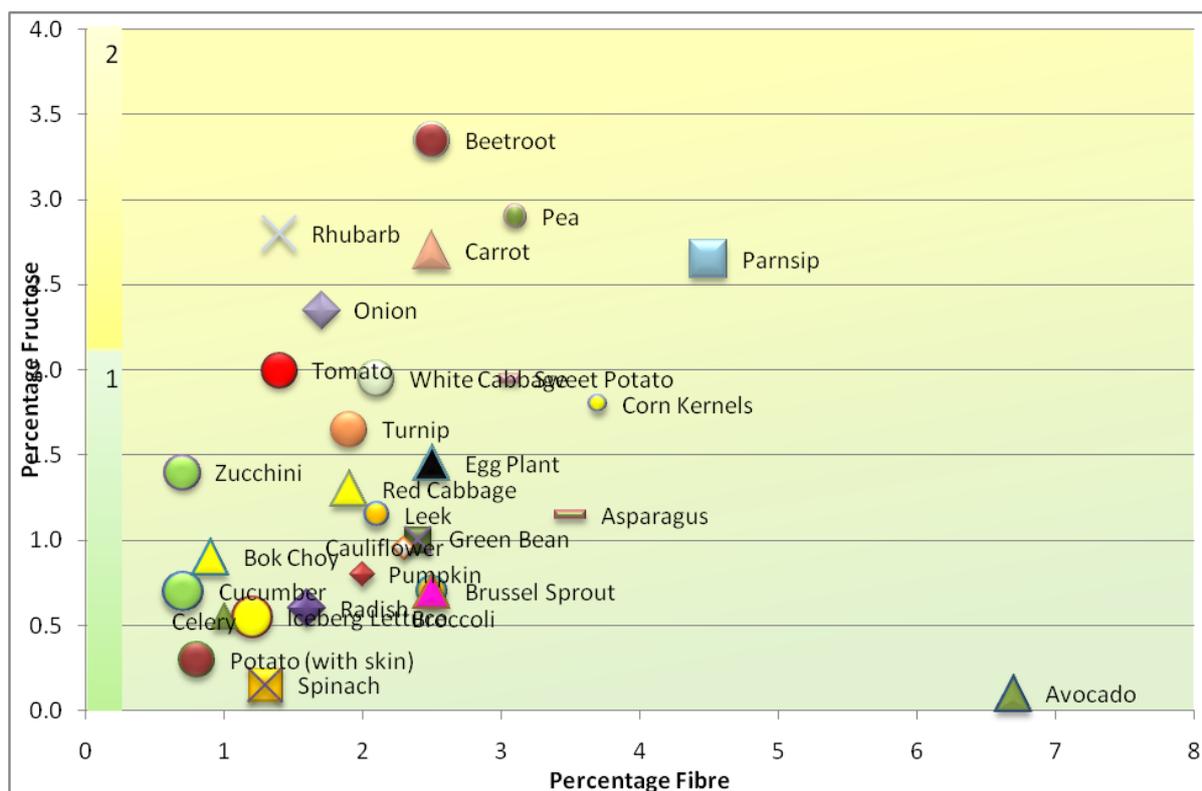
Some vegetables come up looking better on this sort of comparison if you include their skin in the calculations. So I have assumed the vegetable is served without its skin unless I say otherwise.

Unlike the other guides, I have not done a Best 10. The reason for this is that the fibre in vegetables to a certain extent acts to balance the ill effects of the fructose. Since the fibre varies as much as the fructose does, it's difficult to be prescriptive about what is a good vegetable.

The following graph plots each vegetable's fibre against its fructose. The further towards the top left corner of the graph (high fructose, low fibre) a vegetable lies, the less desirable it is. Conversely if it is in the bottom right corner (low fructose, high fibre) it's a good choice.

The best way to use this graph is to notice the relative positions of each vegetable rather than being overly precise about the exact values. This is because they will vary from species to species (within a type of vegetable) and even depending on how ripe the vegetable is when it is eaten.

The fructose values in the charts have been calculated by adding half the sucrose value to the whole fructose value using standard databases of vegetable sugar content. That way the fructose half of the sucrose is also accurately included in the calculation.



Once again, I've plotted the equivalent number of teaspoons of sugar in the colored bars to the left. And I have based the measurement on 100 grams which is about one small tomato (yes I know its not a vegetable, but you're more likely to find it in a salad, than a fruit salad) or one medium onion.

Obviously you cant go past an avocado on either the fruit or vegetable graph. It has practically no fructose and a vast amount of fibre per serve. And while none of the vegetables could be described as bad for you, given the choice, you might prefer to head for Broccoli, Pumpkin, Brussel Sprouts and Beans ahead of Carrots and Peas.

The same warnings apply to juices however. Juicing a vegetable is no better for you than juicing a fruit. Juicing simply extracts all the sugar and concentrates it. While carrot juice contains only half the sugar of apple juice, there's still the equivalent of two and a half teaspoons of the stuff in a small (250ml) glass.