

Vitamin Rich Vegetables

By Roby Jose Ciju

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Feb 20, 2014 Vitamin D rich dietary sources are limited and unaffordable to most Indians. especially vegetables, milk, Jose A., Mahendri N.V

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Roby Jose Ciju (16) Andrew The vegetables and herbs we've chosen for this book are so easy to grow that a novice , and leads to a life rich in
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<http://www.sciencedirect.com/science/article/pii/088915758890004X>

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<http://abcnews.go.com/Health/Wellness/12-foods-vitamin-oranges/story?id=20729780>

-----Naganians of San Jose Commonly used in Philippines in vegetable soup (sinigang while the yellow flesh variety camote is rich in vitamin A

<http://www.naga-cebu.com/index.php/marilyns-thoughts/102-vegetables-of-the-philippines>

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