

Green Vegetables And Vitamin K

== Overview == d9260823c6 == Uses == d9260823c6 Originally, vegetables were collected from the wild by hunter-gatherers and entered cultivation in several parts of the world, probably during the period 10,000 BC to 7,000 BC, when a new agricultural way of life developed. At first, plants that grew locally were cultivated, but as time went on, trade brought common and exotic crops from elsewhere to add to domestic types. Nowadays, most vegetables are grown all over the world as climate permits, and crops may be cultivated in protected environments in less suitable locations. China is the largest producer of vegetables, and global trade in agricultural products allows... d9260823c6

Green bean The green bean (*Phaseolus vulgaris*) originated in Central and South America. Green beans are young, unripe fruits of various cultivars of the common bean (*Phaseolus vulgaris*). Value) of vitamin C and vitamin K, with no other micronutrients in significant content. Green beans are known by several common names, including French beans, string beans (although most modern varieties are "stringless"), and snap beans or simply "snaps" d9260823c6

Immature or young pods of the runner bean (*P. coccineus*), yardlong bean (*Vigna unguiculata* subsp. *sesquipedalis*), and hyacinth bean (*Labiata purpureus*) are used in a similar way. Green beans are distinguished from the many other bean varieties in that they are harvested and consumed with their enclosing pods before the bean seeds inside have fully matured. An analogous practice is the harvest and consumption of unripened pea pods, as is done with snow peas or sugar snap peas. d9260823c6 Leaf vegetables are plant leaves eaten as a vegetable, sometimes accompanied by their petioles and shoots, if tender. Leaf vegetables eaten raw in a salad can be called salad greens, whereas leaf vegetables eaten cooked can be called pot herbs. d9260823c6 Nearly 1,000 species of plants with edible leaves are known. Leaf vegetables most often come from short-lived herbaceous plants, such as lettuce and spinach, but also come from some woody plants. The leaves of many fodder crops (e.g. alfalfa, clover, and most grasses) are also edible by humans, but usually only as famine or processed food. d9260823c6

Vitamin E The tocopherols function Vitamin E is a group of eight compounds related in molecular structure that includes four tocopherols and four tocotrienols. Vitamin E is a group of eight compounds related in

molecular structure that includes four tocopherols and four tocotrienols. The tocopherols function as fat-soluble antioxidants which may help protect cell membranes from reactive oxygen species d9260823c6

Nearly 1,000 species of plants with edible leaves are known. Leaf vegetables most often come from short-lived... d9260823c6 == List of B vitamins == d9260823c6 Major health organizations list thirteen vitamins: d9260823c6 In pregnant women, VAD is associated with a high prevalence of night blindness and poor maternal health outcomes including an increased risk of maternal mortality and complications during pregnancy and lactation... d9260823c6 The other essential nutrients are minerals, essential fatty acids, essential amino acids, and choline. d9260823c6 They should not be eaten raw as they contain phytohaemagglutinin, a lectin toxic to humans that is destroyed by high temperatures. Symptoms of poisoning typically appear... d9260823c6

Leaf vegetable vitamin K antagonist medications like warfarin must limit their consumption of leaf vegetables. Those eaten raw in a salad can be called salad greens, whereas leaf vegetables eaten cooked can be called pot herbs. Leaf vegetables are plant leaves eaten as a vegetable Leaf vegetables, also called leafy greens, vegetable greens, or simply greens, are plant leaves eaten as a vegetable d9260823c6

Side effects when given by injection may include pain at the site of injection. Severe allergic reactions may occur when it is injected into a vein or muscle, but this has mainly happened when large doses of a certain type of supplement containing castor oil were given intravenously. Use during pregnancy is considered safe, use is also likely okay during breastfeeding. It works by supplying... d9260823c6 Vitamin E is classified as an essential nutrient for humans. Various government organizations recommend that adults consume between 3 and 15 mg per day, while a 2016 worldwide review reported a median dietary intake of 6.2 mg per day. Sources rich in vitamin E include seeds, nuts, seed oils, peanut butter, vitamin E-fortified foods, and dietary supplements. Symptomatic vitamin E deficiency is rare, usually caused by an underlying problem with digesting dietary fat rather than from a diet low in vitamin E. Deficiency can cause neurological disorders. d9260823c6 Vitamin K is used in the liver as the intermediate VKH₂ to deprotonate a glutamate residue and then is reprocessed into vitamin K through a vitamin K oxide intermediate. The presence of uncarboxylated proteins indicates a vitamin K deficiency. Carboxylation allows them to bind (chelate) calcium ions, which they cannot do otherwise. Without vitamin K, blood coagulation is seriously impaired, and uncontrolled bleeding occurs. Research suggests that deficiency of vitamin K may also weaken bones,

potentially contributing to osteoporosis, and may promote calcification of arteries and other soft tissues. d9260823c6 It is also a generic prescription medication and in some countries is sold as a non-prescription dietary supplement. As a therapy, it is used to prevent and treat scurvy, a disease caused by vitamin C deficiency. Vitamin C may be taken by mouth or by intramuscular, subcutaneous or intravenous injection. Various health claims exist on the supposition that moderate vitamin C deficiency increases disease risk, such as for the common... d9260823c6 It is used to treat certain bleeding disorders, including warfarin overdose, vitamin K deficiency, and obstructive jaundice. Use is typically recommended by mouth, intramuscular injection or injection under the skin. When given by injection benefits are seen within two hours. It is also recommended for preventing and treating vitamin K deficiency bleeding in infants. Many countries in the world choose intramuscular injections in newborn to keep them safe from vitamin K deficiency bleeding. It is considered a safe treatment and saves many children from death and severe neurologic deficit every year. d9260823c6 Tocopherols and tocotrienols both occur in α (alpha), β (beta), γ (gamma), and δ (delta) forms, as determined by the number and position of methyl groups on the chromanol ring. All eight of these vitamers feature a chromane double ring, with a hydroxyl group that can donate a hydrogen atom to reduce free radicals, and a hydrophobic side chain that allows for penetration into biological membranes... d9260823c6

Vitamin K Vitamin K1 is primarily from plants, especially leafy green vegetables. The human body requires vitamin K for post-synthesis modification of certain proteins that are required for blood coagulation ("K" from Danish koagulation, for "coagulation") and for controlling binding of calcium in bones and other tissues. The complete synthesis involves final modification of these so-called "Gla proteins" by the enzyme gamma-glutamyl carboxylase that uses vitamin K as a cofactor. Small amounts are provided Vitamin K is a family of structurally similar, fat-soluble vitamers found in foods and marketed as dietary supplements. not have recommendations on vitamin K fortification d9260823c6

Vitamin folates) Vitamin B12 (cobalamins) Vitamin C (ascorbic acid and ascorbates) Vitamin D (calciferols) Vitamin E (tocopherols and tocotrienols) Vitamin K (phyloquinones Vitamins are organic molecules (or a set of closely related molecules called vitamers) that are essential to an organism in small quantities for proper metabolic function. These essential nutrients cannot be synthesized in the organism in sufficient quantities for survival, and therefore must be obtained through consumption. For example, vitamin C can be synthesized by some species but not by others; it is not considered a vitamin in the first instance but is

in the second. For example, there are eight vitamers of vitamin E: four tocopherols and four tocotrienols. Most vitamins are not single molecules, but groups of related molecules called vitamers d9260823c6

Vitamin C It is also an antioxidant. Most animals are able to synthesize their own vitamin C. Vitamin C or ascorbate is a water-soluble vitamin found in citrus and other fruits, berries and vegetables. It Vitamin C or ascorbate is a water-soluble vitamin found in citrus and other fruits, berries and vegetables. It is found as a form of ascorbic acid. However, higher primates (including humans), most bats, guinea pigs, some fish species, and some bird species must acquire it from dietary sources because a gene for a synthesis enzyme has mutations that render it dysfunctional; humans obtain this vitamin from those fruits and vegetables. It is found as a form of ascorbic acid. It is required for the functioning of several enzymes and is important for immune system function. It is an essential nutrient involved in the repair of tissue, the formation of collagen, and the enzymatic production of certain neurotransmitters d9260823c6

Dietary supplements containing all eight are referred to as a vitamin B complex. Individual B vitamins are referred to by B-number or by chemical name, such as B1 for thiamine, B2 for riboflavin, and B3 for niacin, while some are more commonly recognized by name than by number, such as pantothenic acid (B5), biotin (B7), and folate (B9). B vitamins are present in protein-rich foods, such as fish, poultry, meat, dairy products, and eggs; they are also found in leafy green vegetables, beans, and peas. Fortified foods, such as breakfast cereals, baked products, and infant formulas, may contain B vitamins. d9260823c6 Each B vitamin is either a cofactor (generally a coenzyme) for key metabolic processes or is a precursor needed to make one. d9260823c6 Chemically, the vitamin K family comprises 2-methyl-1,4-naphthoquinone derivatives... d9260823c6 Vitamin A deficiency is the leading cause of preventable childhood blindness worldwide and is a major cause of childhood mortality. Each year, approximately 250,000 to 500,000 malnourished children in the developing world go blind from a VAD, with about half of whom dying within a year of losing their sight. Addressing VAD has been a critical focus of global health initiatives, including Sustainable Development Goal 2: to end hunger, achieve food security and improved nutrition and promote sustainable agriculture. d9260823c6 Leaf vegetables contain many typical plant nutrients, but being photosynthetic tissues, their vitamin K levels are particularly notable. Accordingly, users of vitamin K antagonist medications like warfarin must limit their consumption of leaf vegetables. d9260823c6

Vitamin A deficiency It is common in poorer countries, especially among children and women of reproductive age, but is rarely seen in more developed countries. In more severe VAD cases, it can progress to xerophthalmia, keratomalacia, and complete blindness. Vitamin A deficiency (VAD) or hypovitaminosis A is a lack of vitamin A in blood and tissues. Vitamin A plays a major role in phototransduction, so this deficiency impairs vision, often presenting with nyctalopia (night blindness). It is common in poorer countries, especially among children. Vitamin A deficiency (VAD) or hypovitaminosis A is a lack of vitamin A in blood and tissues d9260823c6

As common food in many countries, green beans are sold fresh, canned, and frozen. They can be eaten steamed, boiled, stir-fried, or baked. They are commonly cooked in other dishes, such as soups, stews, and casseroles. Green beans can be pickled, similarly to cucumbers. d9260823c6 Vitamins have diverse biochemical functions. Vitamin A acts as a regulator of cell and tissue growth and differentiation. Vitamin D provides a hormone-like function, regulating mineral metabolism for bones and other organs. The B complex vitamins function as enzyme cofactors (coenzymes) or the precursors for them. Vitamins C and E function... d9260823c6 Some writers include choline as a vitamin. d9260823c6

B vitamins They are a chemically diverse class of compounds. Fortified foods, such as breakfast cereals, baked products, and infant formulas, may contain B vitamins. leafy green vegetables, beans, and peas. Each B vitamins are a class of water-soluble vitamins that play important roles in cell metabolism and synthesis of red blood cells d9260823c6

Phytomenadione It is on the World Health Organization's List of Essential Medicines. treat certain bleeding disorders, including warfarin overdose, vitamin K deficiency, and obstructive jaundice. Use is typically recommended by mouth, intramuscular Phytomenadione, also known as vitamin K1, phylloquinone, or phytonadione, is a vitamin found in food and used as a dietary supplement d9260823c6

Vegetable adequate cooking. Fruit and vegetables, particularly leafy vegetables, have been implicated. Vegetables are edible parts of plants that are consumed by humans or other animals as food. Green potatoes contain glycoalkaloids and should be avoided. An alternative definition is applied somewhat arbitrarily, often by culinary and cultural tradition; it may include savoury fruits such as tomatoes and squash, flowers such as broccoli, and seeds such as pulses, but exclude foods derived from some plants that are fruits, flowers, nuts, and cereal grains. This original

meaning is still commonly used, and is applied to plants collectively to refer to all edible plant matter, including flowers, fruits, stems, leaves, roots, and seeds d9260823c6

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