

[Life's questions, answered]

KAILAN

TRIPLE WHAMMY! Kale weighs in with the highest scores of carotene, calcium and vitamin C (3004.9 mg, 178 mg and 106.6 mg respectively), making this the vegan victor in our selection.

BROCCOLI

PHOSPHOROUS FANTASTIC! A key element for buttressing your bones and teeth, phosphorous and calcium are two inseparable and essential minerals. Broccoli contains 65.3 mg of this bone-saving mineral.

CELERY

POTASSIUM POWER! Boasting 304.8 mg in a stalk of celery, potassium helps regulate the electrolytes and fluids in your body, allowing for proper bodily functions such as the transmission of nerve impulses and muscular contractions.

LONG CHINESE CABBAGE

CAPTAIN CALCIUM! Calcium is important for keeping your bones and teeth strong and long Chinese cabbage will keep you from getting rickety hips when you're older. It comes packed with 140.8 milligrams (mg) (all values based on 100 grams of the vegetable) of vertebrae building calcium.

CARROT

CAROTENE CAN! Turns out mom was right: carotene strengthens your eyes, boosts your immune system and is an antioxidant as well. Carrots have 2181.5 mg of this antioxidant.

CAPSICUM

VIVA VITAMIN C! Yellow Capsicum has a whopping 183.5 mg, while red capsicum has 127.7 mg of this vital antioxidant, which strengthens the immune system, maintains connective tissue and perhaps most importantly, makes your smile brighter by preventing mouth ulcers.



Q I HATE VEGETABLES, BUT I KNOW THEY'RE GOOD FOR ME. IF I HAD TO LEARN TO LOVE TWO VEGGIES FOR THE REST OF MY LIFE, WHICH SHOULD I GO FOR?

Nicholas

Short answer: *kailan* and broccoli. And we'd recommend you consider long Chinese cabbage as well. According to *Nutrient Composition of Malaysian Foods*, a book that lists the nutritional values of common local veggies like cauliflower, *chye sim* and bean sprouts, *kailan* ranks high in terms of calcium, potassium, carotenes and vitamin C, while broccoli is good for its protein and phosphorous levels. The long Chinese cabbage is no loser either, ranking high in calcium, potassium, carotenes and vitamin C. If

you're taking plenty of these three vegetables, one green you can safely skip is the cauliflower; it's low in fat but low in almost everything else as well. But still, "you need to eat a wide variety of vegetables to get a good mix of nutrients in your diet," recommends Wong Yuefen, consultant nutritionist of Food and Nutrition Specialists and member of Singapore Nutritionists and Dietitians Association. To find out what else you should be sinking your teeth into, turn to page 80.

DOES IT WORK[™]

No-sweat dress shoes

Yes

No-sweat dress shoes will leave your feet dry as long as the insoles of the shoes, such as those from Geox, have various-sized micropores that allow water vapor to pass through. Beware of shoes that claim to wick away sweat by using waterproof material like Gore-Tex fabrics. These shoes failed hundreds of Michigan State University thermal tests of lining variations, and testers found no difference in foot temperature or anti-perspiration, says Ray Fredericksen, M.S., of Sport Biomechanics. "Unless the shoe design incorporates a ventilation system, such as an open mesh panel, they will not breathe well and let perspiration out."

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