

10

HEALTH BENEFITS

CARROTS



IMPROVES VISION

PREVENTS HEART DISEASE

HELPS PREVENT CANCER

HELPS PREVENT INFECTION

PROMOTES HEALTHIER SKIN

CLEANSSES THE BODY

SLOWS DOWN AGING

PROTECTS TEETH AND GUMS

IMPROVES KIDNEY FUNCTIONS

PREVENTS STROKE

VITAMIN A

113%

BIOTIN

20

VITAMIN K

18%

FIBER

14%

MOLYBDENUM

14%

Health Via The Carrot And Other Vegetables

**R. S. O'Loughlin, H. F.
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Smart Plant Breeding for Vegetable Crops in Post-genomics Era Saurabh Singh, Devender Sharma, Susheel Kumar Sharma, Rajender Singh, 2023-01-01 This book dispenses a comprehensive coverage of up to date account of genomics and genome editing enriched smart plant breeding approaches for enhancing genetic gains in vegetable crops in the post genomics era The main focus of the present volume is to illuminate the applications of new techniques evolved in the post genomics era The techniques covered are high throughput sequencing of DNA and RNA genome editing epigenetics and epigenomics genotype by sequencing GBS QTL seq and RNA seq for transcriptome analysis Vegetables are the important component of healthy diet source of energy and hold a promising position in building up a strong immunity Zero hunger and attaining the food and nutritional security is the top priority of United Nations development goals Smart breeding of food and vegetable crops to fight the challenges ahead in sustainable manner by keeping the harmony with nature is an important approach to fulfill the United Nations Sustainable Development Goals UN SDGs This edited book highlights the modern results in smart vegetable breeding in the post genomics era and forecasts crucial areas of future needs It is an important reference for the readers students researchers scientists in academia and research industries to provide them comprehensive information of innovative approaches for crop improvement in the post genomics era and in the era of and climate change Even the readers academia social activists and others fond of reading will get a fair idea of journey travelled so far and future roadmap for fighting the challenges ahead to meet the sustainable development goals

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