

healthy eating

Eat your veggies.

Your body will thank you.



As part of a healthy diet, half your plate should include fruits and vegetables. Eat more red, orange and dark green veggies like tomatoes, sweet potatoes and broccoli in main dishes.

Eat 2½ cups a day

What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice, 2 cups of leafy salad greens.

Tips to help you eat more veggies

In general:

- Buy fresh vegetables in season when they cost less and are most flavorful.
- Stock up on frozen vegetables for quick and easy cooking in the microwave.
- Buy easy-to-prepare vegetables like pre-washed bags of salad greens. Add baby carrots or grape tomatoes to salads. Buy packages of baby carrots or celery sticks for quick snacks.
- Use a microwave to quickly “zap” veggies. White or sweet potatoes can be prepared quickly this way.
- Vary your veggies to keep it interesting.
- Try crunchy veggies, raw or lightly steamed.

At meals:

- Plan some meals around a vegetable main dish. Veggie stir fry or soup are good choices.
- Try a main dish of salad for lunch. Go light on the salad dressing.
- Include a green salad with dinner each night.
- Add shredded carrots or zucchini to meatloaf, casseroles, quick breads and muffins.
- Include chopped vegetables in pasta sauce or lasagna.
- Order veggie pizza with toppings like peppers, mushrooms and onions. Ask for extra veggies.
- Use pureed, cooked vegetables to thicken soups, stews and gravies. They add flavor, texture and nutrients.
- Grill vegetable kabobs as part of a barbecue. Try tomatoes, mushrooms, green peppers and onions.



www.choosemyplate.gov/foodgroups/vegetables_tips.html

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