



HEALTHY EATING VEGETABLES

How to mix them up.

As part of a healthy diet, half your plate should be made up of fruits and vegetables.* A healthy eating plan includes a variety of vegetables from all of the five vegetable subgroups – dark green, red and orange, legumes (beans and peas), starchy and other. Options include all fresh, frozen, canned and dried vegetables in cooked or raw forms, including 100% vegetable juices.**

For adults, try to eat 2 1/2 cups of vegetables a day (based on a 2,000-calorie per day diet).**

What counts as a cup?

One cup of raw or cooked vegetables or vegetable juice or two cups of leafy salad greens.***

* U.S. Department of Agriculture. "MyPlate."
<http://www.choosemyplate.gov/MyPlate>
(last updated January 7, 2016).

** U.S. Department of Health and Human Services and U.S. Department of Agriculture. "2015–2020 Dietary Guidelines for Americans." 8th Edition. December 2015.
<http://health.gov/dietaryguidelines/2015/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns/> (accessed February 9, 2016).

*** U.S. Department of Agriculture. "What foods are in the Vegetable Group?" <http://www.choosemyplate.gov/vegetables> (last updated March 28, 2016).

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.

At meals

- Plan some meals around a vegetable main dish. A veggie stir fry or soup are good choices.
- Add kale, spinach, beans or peas to mixed dishes, soups or rice dishes.
- Try a main dish of salad for lunch. Go light on the dressing.
- Include a green salad with dinner every night.
- Add shredded carrots or zucchini to meatloaf, casseroles, quick breads and muffins.
- Include chopped vegetables in pasta sauce or lasagna.
- Grill vegetable kabobs as part of a barbecue. Try tomatoes, mushrooms, green peppers and onions.

Together, all the way.®



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