

EAT MORE VEGETABLES?!

How many is more?

- At least 2 ½ cups of vegetables (veggies) every day
- A cup (serving) is:
 - one cup of cooked or raw vegetable
 - 100% vegetable juice
 - 2 cups of green leafy vegetables

What to choose?

- Colorful! Fresh, frozen or canned
 - **DARK GREEN**
 - **RED**
 - **ORANGE**
- Enjoy your favorites
- Try new ones

When? Anytime!

Where? Anywhere!

- Eat some with each meal or snack
- Prepare ahead to eat at home or on the go

Why more veggies?

- Reduce risk of heart disease and many cancers
- Avoid malnutrition
- Support weight control



<https://www.choosemyplate.gov/vegetables#>

© Sally L. Coburn 2019

<http://www.pixabay.com>

Keep it Interesting!

Use seasoning!

- Herbs
- Spices
- Onion, garlic and other veggies!

Prepare different ways!

- Cubed
- Shredded or peeled strips
- Cut up and add to mixed dishes
- Pureed and add to soups or sauces

Cooking options!

- Microwave
- Steam
- Stir fry
- Crock pot/Instant Pot
- Bake or roast
- Grill
- Eat it raw

To learn more:

<http://www.eatright.org/>

<https://www.choosemyplate.gov/>

<https://cookingmatters.org/>

<http://www.cookinglight.com/>



<https://pixabay.com/en/photos/vegetable/>

Help your Budget!

- Buy on sale, use coupons
- Buy in bulk and share or store
- Choose seasonal veggies
- Use grocery store brands
- Frozen or canned are often less costly
- Prepare and freeze in advance
- Plant a garden
- Use local “U-pick” farms

For “Kids” of All Ages:

- Set a good example—eat your veggies!
- Use veggies as part of snacks as well as meals
- Make veggie prep a family activity
- Keep a bowl of prepared veggies in the refrigerator