

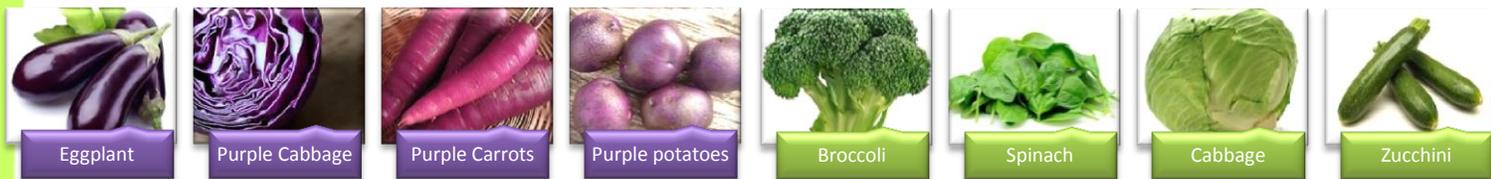
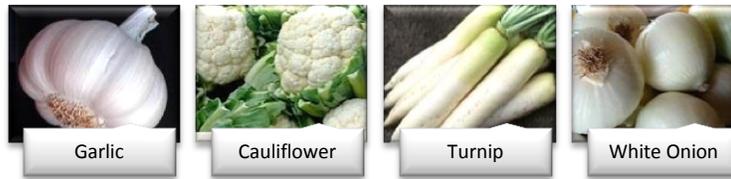
# Make your Plate like MyPlate: **Vegetables**

**Why should I eat vegetables every day?** Eating vegetables as a regular part of your diet may reduce the risk for heart disease, certain types of cancer, type 2 diabetes, and obesity. Vegetables provide vitamins, minerals, vital nutrients and fiber to keep your body healthy.

## Tips to eating more vegetables:

- Add vegetables to soups, stews, casseroles, stir fries, salads, and smoothies
- Dip vegetables in hummus, low fat salad dressing, or salsa mixed with Greek yogurt
- Make your salads more colorful by adding red and yellow bell peppers, carrots, and red cabbage
- Keep a bowl of rinsed and cut vegetables in a see through container in the refrigerator for easy access
- Cut, peel, and chop vegetables to place in baggies for a quick snack
- Encourage your child to pick a new vegetable to try when grocery shopping
- Eat a variety of vegetables including white, purple, dark green, orange and red vegetables to increase your intake of valuable nutrients, folic acid, potassium, and vitamins A and C.

## Eat a variety of colors



## Follow these helpful tips for choosing and preparing Vegetables

- ✓ Buy vegetables that are in-season
- ✓ Keep vegetables separate from raw meat, poultry and seafood when shopping
- ✓ Rinse vegetables under running water just before preparing or eating them
- ✓ Use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry
- ✓ When buying frozen or canned vegetables choose the no salt added options
- ✓ Rinse canned vegetables with water to remove some of the sodium

# Make your plate like MyPlate: **Vegetables**

## Add vegetables to every meal!



### BREAKFAST

- \* Salsa on eggs
- \* Add spinach to a fruit smoothie
- \* Hash-browns with green and red peppers
- \* Shredded zucchini mixed into pancakes or waffle batter
- \* Spinach, onion, broccoli, and green pepper omelet



### LUNCH

- \* Lettuce roll ups
- \* Spinach and romaine salad with grape tomatoes
- \* Steamed broccoli and carrots
- \* Broccoli, cranberry, and carrot coleslaw
- \* Avocado and tomato on your sandwich



### SNACK

- \* Carrot sticks
- \* Celery with peanut butter
- \* Cucumber slices
- \* Sugar snap peas
- \* Sliced green and red peppers with hummus
- \* Oven baked sweet potatoes fries



### DINNER

- \* Pasta salad with chopped peppers and tomato
- \* Pumpkin soup
- \* Vegetable stir-fry over brown rice
- \* Pot roast with carrots, potatoes, green beans, celery and onions



## Make this tasty and easy side dish at any time of the year!

### Delicious Grilled or Roasted Vegetables

- 1 yellow bell pepper
- 1 red bell pepper
- 3 mushrooms
- 1 zucchini, sliced lengthwise
- 8 asparagus spears

Wash vegetables and cut into strips. Lightly spray grill pan with cooking spray. Lay vegetables in pan. Grill vegetables on medium heat turning them 4 times. Grill times will vary. If you don't have a grill, roast vegetables in the oven at 400° F for 20 minutes. Enjoy!



Remember to fill half your plate with vegetables and fruit at every meal!