

Best buys on vegetables

Buy raw vegetables during their U.S. growing season.

Buy the amount of raw vegetables that you can use within one week.

Buy brands of canned and frozen vegetables that cost less.

The Food Stamp Program can help you buy nutritious foods. Call Oregon SafeNet at 1-800-723-3638 or (503) 988-5858 in the Portland metro area.



Extension Service



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Vary Your Veggies

Vegetables are good choices for your healthful diet. If you eat a lot of them, you may be less likely to get chronic diseases such as stroke, type 2 diabetes, and some cancers. Vegetables may also reduce your risk of getting heart disease.

Older women need to eat at least 2 cups of vegetables every day; older men need at least 2½ cups. If you're active, eat more.

Try ½ cup cut-up raw or cooked vegetables, ½ cup cooked dry beans or peas, 1 cup leafy salad greens, or ½ cup 100% vegetable juice for meals or snacks.



Eat a Variety of Vegetables

Dark green vegetables
such as broccoli and romaine lettuce

Orange vegetables
such as carrots, sweet potatoes, pumpkin

Dry beans
such as pinto beans, kidney beans, soybeans, lentils

Starchy vegetables
such as potatoes, corn, green peas

Other vegetables
such as tomatoes, tomato juice, cabbage, green beans, onions



What keeps you from eating a lot of vegetables?

Reasons

Things to do instead

It's hard for me to chew raw vegetables

Eat them cooked.

Raw vegetables spoil before I eat them.

Buy bags of frozen vegetables and pour out the amount you need.

It's hard for me to peel and cut raw vegetables.

Eat canned or frozen instead.

It's hard for me to cook vegetables with pots and pans on a stovetop.

Use a microwave oven. A slow cooker could be used for soups.

Canned vegetables are too salty.

Use frozen instead. Check to see if added salt is listed on the label.