Eating well for good health!

Vary your Vegetables

Eat vegetables for good health. Choose either raw or frozen, canned, dried/dehydrated. Try 100% vegetable juice too.

Sneak them in!

- Add vegetables to pizza toppings.
- Add finely chopped veggies, like broccoli, carrots, and red pepper to spaghetti and pizza sauces, and meat loaf.
- Make oven-baked sweet potato fries.
- Use cut up pieces of vegetables to make a ‘smiley face’ on mashed potatoes.
- Offer a stalk of celery as a spoon they can eat to scoop up chili or stew.

Adults need at least 2 to 3 cups of raw or cooked vegetables or 100% vegetable juice everyday.

If fresh vegetables are not available or are too expensive, try frozen or canned.

Eat a variety of vegetables

- Eat more dark green veggies, such as broccoli, kale, and other dark leafy greens.
- Eat more orange veggies, such as carrots, sweet potatoes, pumpkin and winter squash.
- Eat more beans and peas, such as pinto beans, kidney beans, black beans, garbanzo beans, split peas and lentils.

2005 Dietary Guidelines for Americans