

Vegetables



How to get more:

Choose vegetables as part of a healthy snack and use low-fat Greek yogurt for a dip. Include vegetables with eggs at breakfast time and add extra (maybe double!) vegetables to your favorite dishes.

Eating vegetables as part of a healthy diet can:

- Lower chronic disease risk and cholesterol
- Support healthy digestion, skin and eyes
- Aid healing
- Promote healthy teeth and gums
- Keep you feeling full longer

Reasons to include vegetables:

- Low in fat and calories and no cholesterol
- High in potassium, dietary fiber, folate, Vitamin A, and Vitamin C
- Provide color and crunch (texture) to your meals and snacks

How much?

Children 2 - 8 years old need about 1 - 1 1/2 cups. Children 9 years old through adulthood need about 2-3 cups daily.

What kind?

All forms of vegetables count: fresh, frozen or canned. Be sure to include a colorful variety.

red

beets, onions, radishes, red peppers, red potatoes, red radicchio, rhubarb, tomatoes

blue

asparagus, belgian endive, eggplant, peppers, purple cabbage, purple carrots, purple potatoes, purple salsify

yellow

golden beets, carrots, corn, peppers, rutabagas, squash, sweet potatoes, winter/summer squash, yellow potatoes, yellow pumpkin, yellow tomatoes

white

cauliflower, celery root, corn, garlic, ginger, gobo root, hearts of palm, horseradish, jerusalem artichokes, jicama, kohlrabi, mushrooms, onions, parsnips, potatoes, white daikon (japanese radish), white shallots, turnips

green

artichokes, arugula, asparagus, beans, green beet greens, bok choy, broccoflower, broccoli, broccoli rabe, brussels sprouts, cabbage, celery, chayote squash, collard greens, cucumbers, dandelion greens, endive, kale, leeks, lettuce, okra, onions, peas, peppers, snow peas, spinach, sugar snap peas, watercress, zucchini