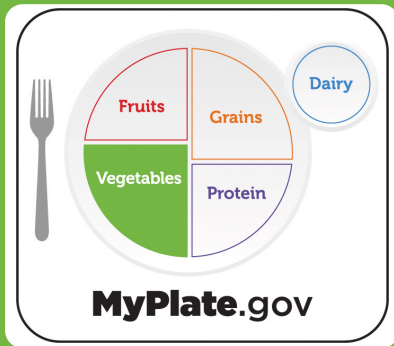




All About Vegetables

"Vary Your Veggies."

People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of developing chronic diseases such as stroke, heart disease, high blood pressure, type 2 diabetes, and certain types of cancer because of their high nutrient density. Vegetables contain fiber, potassium, iron, folate, vitamin A, and vitamin C, which all help maintain a healthy body.



Daily Recommendations

Girls
9-13 yrs = 1.5 - 3 cups
14-18 yrs = 2.5 - 3 cups

Boys
9-13 yrs = 2 - 3.5 cups
14-18 yrs = 2.5 - 4 cups

What is a serving size?

1 cup of raw or cooked vegetables = 1 cup
2 cups of salad greens = 1 cup
1 cup of vegetable juice = 1 cup

Easy Tips to Increase Intake

Keep raw-cut carrots, cut-up bell peppers, celery, and tomatoes handy for quick snacks. Toss a handful of spinach or kale into a smoothie or cook it down into a pasta sauce. Add a few sliced vegetables to a sandwich, such as tomatoes or cucumber. Mix some bell peppers and onions into scrambled eggs in the morning. Try a new way to cook vegetables once a week: roast, sauté, blanch, or steam.

Dark Greens

Examples: broccoli, kale, spinach, asparagus, and Brussels sprouts

Body Benefits:

Potassium = blood
Iron and Folate = blood
Vitamin K = bones and teeth

Reds and Oranges

Examples: carrots, red and orange bell peppers, sweet potatoes, and tomatoes

Body Benefits:

Vitamin A = eyes
Vitamin C = immune system

Beans Peas and Lentils

Examples: black beans, pinto beans, chick peas, soy beans, and red lentils

Body Benefits:

Manganese = bones, muscle and nerve function

Starchy Vegetables

Examples: white potatoes, corn, beets, squash, beans, and peas

Body Benefits:

Fiber = healthy digestion

Other Vegetables

Examples: cauliflower, cucumbers, celery, avocado, mushrooms

Body Benefits:

Eating a variety of vegetables increases your intake of different nutrients which provide different health benefits.

Fun Fact

Vegetables come from all different parts of the plant. Some vegetables we eat are the roots, some the flower, some are the leaves, the stems, the seeds, or the fruit.