

Vegetable Group

3-5
servings

Eat 3 or More Servings a Day for Better Health!

Focus on Variety!

Choose more dark green, dark yellow, and red vegetables:
Spinach, Broccoli, Romaine Lettuce, Carrots, Squash and
Colorful Bell Peppers

Sources of Vitamin C

Broccoli, Brussels Sprouts, Cauliflower, Greens,
Spinach, Peppers, & Potatoes

Sources of Vitamin A

Asparagus, Carrots, Bell Peppers, Sweet Potatoes

- Flavor vegetables with herbs, olive oil, or light dressings; use less butter, salt, and sour cream.
- Fresh and frozen vegetables have less added salt than canned vegetables.
- Drain and rinse canned vegetables to remove some salt.

Easy ways to add more vegetables to your day...

- Add fresh or frozen vegetables to soups and casseroles.
- Keep raw vegetables and light ranch dressing ready for lunches and healthy snacks.
- Add lettuce and bell peppers to sandwiches.
- Add chopped bell peppers, corn, and broccoli to quesadillas.
- Add vegetables to frozen TV dinners.
- Add corn, carrots, radishes, and peppers to salads.

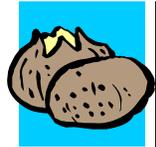
- **What is a serving?** 1 small potato = a baseball,
1/2 cup broccoli = a light bulb



Broccoli:
1/2 c
cooked,
1 c raw



**Leafy
greens:**
1 cup



**Baked
potato:**
1 small



**Baby
carrots:**
About 20



Corn:
1/2 cup
or
1 med
ear



**Vegetable
juice, like
V8:** 1 cup

Eat Less:

- Battered, fried vegetables
- Vegetables with heavy cream
- High fat dressing on salads and as dip
- Butter & sour cream on potatoes