

Vegetables

How to Get 3-5 Servings a Day

Vegetables add nutrients, flavor and color to our meals and snacks. Eat 3 to 5 servings every day.

Try the following ideas to get more vegetables in your meals and snacks:

Keep cut up vegetables in your refrigerator for quick snacks. Try carrot sticks, celery sticks, green pepper strips, radishes or cauliflower pieces.

Add vegetables to sandwiches. Tomato slices, spinach leaves, lettuce or cucumber slices taste great on sandwiches.

Add shredded or leftover vegetables to salads, meat sauces or meat loaf.

Use shredded vegetables, such as zucchini and carrots, in breads, muffins and other baked goods.

Serve raw vegetables with an easy-to-fix dip, such as ranch style dressing or plain yogurt seasoned with minced onion, herbs or a little dry soup mix.

What vegetables did you eat yesterday (or today)?

How many servings of vegetables did you eat?

What vegetables could you eat tomorrow to get at least 3 servings?

One serving is:

1/2 cup cooked, mashed
or chopped vegetable

1 cup raw leafy vegetable

1 medium potato

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