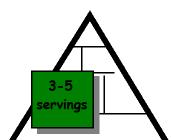


Healthy Lifestyle Tip Sheet...

Vegetable Group



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 guesadillas.
- 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

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Broccoli: 1/2 c cooked. 1 c raw



.eafy greens: 1 cup



Baked potato: 1 small



Baby carrots: About 20



Corn: 1/2 cup

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