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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