Make your Plate like MyPlate: Vegetables

Why should I eat vegetables every day? Eating vegetables as a regular part of your diet may reduce the risk for heart disease, certain types of cancer, type 2 diabetes, and obesity. Vegetables provide vitamins, minerals, vital nutrients and fiber to keep your body healthy.

Tips to eating more vegetables:
- Add vegetables to soups, stews, casseroles, stir fries, salads, and smoothies
- Dip vegetables in hummus, low fat salad dressing, or salsa mixed with Greek yogurt
- Make your salads more colorful by adding red and yellow bell peppers, carrots, and red cabbage
- Keep a bowl of rinsed and cut vegetables in a see through container in the refrigerator for easy access
- Cut, peel, and chop vegetables to place in baggies for a quick snack
- Encourage your child to pick a new vegetable to try when grocery shopping
- Eat a variety of vegetables including white, purple, dark green, orange and red vegetables to increase your intake of valuable nutrients, folic acid, potassium, and vitamins A and C.

Eat a variety of colors

Follow these helpful tips for choosing and preparing Vegetables
- Buy vegetables that are in-season
- Keep vegetables separate from raw meat, poultry and seafood when shopping
- Rinse vegetables under running water just before preparing or eating them
- Use a clean cutting board for fresh produce and a separate one for raw seafood, meat, and poultry
- When buying frozen or canned vegetables choose the no salt added options
- Rinse canned vegetables with water to remove some of the sodium

References available upon request
Revised Oct-13
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Add vegetables to every meal!

**BREAKFAST**
- Salsa on eggs
- Add spinach to a fruit smoothie
- Hash-browns with green and red peppers
- Shredded zucchini mixed into pancakes or waffle batter
- Spinach, onion, broccoli, and green pepper omelet

**LUNCH**
- Lettuce roll ups
- Spinach and romaine salad with grape tomatoes
- Steamed broccoli and carrots
- Broccoli, cranberry, and carrot coleslaw
- Avocado and tomato on your sandwich

**SNACK**
- Carrot sticks
- Celery with peanut butter
- Cucumber slices
- Sugar snap peas
- Sliced green and red peppers with hummus
- Oven baked sweet potatoes fries

**DINNER**
- Pasta salad with chopped peppers and tomato
- Pumpkin soup
- Vegetable stir-fry over brown rice
- Pot roast with carrots, potatoes, green beans, celery and onions

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Make this tasty and easy side dish at any time of the year!

**Delicious Grilled or Roasted Vegetables**

1 yellow bell pepper  
1 red bell pepper  
3 mushrooms  
1 zucchini, sliced lengthwise  
8 asparagus spears

Wash vegetables and cut into strips. Lightly spray grill pan with cooking spray. Lay vegetables in pan. Grill vegetables on medium heat turning them 4 times. Grill times will vary. If you don’t have a grill, roast vegetables in the oven at 400°F for 20 minutes. Enjoy!

Remember to fill half your plate with vegetables and fruit at every meal!