

Eat at least 2 1/2 cups* of vegetables every day.

What counts as 1 cup of vegetables?

- 1 cup cooked or raw vegetables
- 2 cups raw leafy greens
- 1 cup vegetable juice
- 1 cup cooked dried beans, peas, or lentils

How can we eat more vegetables?

- Add lettuce, tomato, green pepper, or onion to sandwiches.
- Eat raw vegetables at meals or with a low fat dip as a snack.
- Use vegetable or tomato soups in casseroles.
- Add vegetables to your noodles, rice casseroles and salads.
- Freeze leftover vegetables to use in soups, stews or casseroles.

*The recommendation of 2.5 cups of vegetables every day is based on a 2,000 calorie diet. Go to www.mypyramid.gov for personalized nutritional recommendations.

Apple Crisp

4 tart apples, peeled, sliced
1/4 cup flour
1/3 cup brown sugar
1 1/2 Tablespoons margarine
1/4 cup rolled oats, uncooked
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg

1. Spray a 8" square baking dish with cooking spray. Layer apples in pan.
2. Combine flour, brown sugar, margarine, oats, cinnamon, and nutmeg with a fork until crumbly. Sprinkle over fruit.
3. Bake at 375° for 30 minutes.

Serves 6

Nutrition Facts (per serving):
Calories 110 ~ fat 2 g ~ calories from fat 20 ~ sodium 25 mg ~ total carbohydrates 22 g ~ fiber 2 g



Carrot Salad

2-1/2 cups shredded carrots
1 can (8 oz.) crushed pineapple, well drained
1 medium stalk celery, thinly sliced
1 container (8 oz.) low fat lemon yogurt
1/2 cup raisins

1. Combine all ingredients.
2. Serve on salad greens if desired.

Serves 4

Nutrition Facts (per serving):
Calories 170 ~ fat 1 g ~ calories from fat 10 ~ sodium 105 mg ~ total carbohydrates 40 g ~ fiber 3 g

