

Vary Your Veggies



Eat more **dark green** and **orange** vegetables and legumes (dried beans, peas, and lentils).

Vary your vegetable choices.

- Different vegetables are rich in different nutrients.
- Add vegetables of different colors to your meals each day.
- Examples of the five categories of vegetables:
 - Dark green – broccoli, kale, spinach, romaine, and greens
 - Orange – sweet potatoes, carrots, winter squash, and pumpkin
 - Legumes – lentils, dried beans, and dried peas
 - Starchy – white potatoes, corn, green peas, and jicama
 - Other – tomatoes, onions, green beans, and lettuce

Eat at least 2 1/2 cups* (5 servings) of vegetables every day.

A serving of vegetable is:

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



Most vegetables are good sources of fiber.

- For example, a half-cup serving of cooked dried beans has 4 to 10 grams of fiber.
- A healthy adult should have about 14 grams of fiber for every 1000 calories consumed each day.

Add vegetables to your diet.

- Combine vegetables with soups, spaghetti, and casseroles.
- Snack on cooked or raw vegetables.

*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.



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