



# Vary Your Veggies: Make Half Your Plate Fruits & Vegetables

## Why Do We Need Vegetables?

A diet rich in vegetables can provide health benefits that can lead to a longer, healthier life. In general, 1 cup of raw or cooked vegetables or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.

## How to Identify Vegetables

A vegetable is the edible portion of a plant such as leaves, stems, roots or flowers. Foods that are considered to be vegetables are often less sweet or more savory than those considered

to be fruits. Vegetables can be purchased fresh, frozen, dried or canned. When vegetables are in-season, buy them fresh and ripe. Finally, steam or microwave vegetables rather than boil to minimize the loss of nutrients.

## Health Benefits of Vegetables

- Eating a diet rich in vegetables may reduce the risk for stroke, cancer or other illnesses.
- The vitamins in vegetables are vital for health and

maintenance of your body.

- Eating foods such as vegetables that are lower in calories per cup instead of some other higher-calorie food will be useful in helping to lower calorie intake.

## Tips to Add More Vegetables to Your Day

- Keep visible on counter-top or in fridge.
- Eat as snacks.
- Discover new ways to cook and eat vegetables.
- Include with meals.



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