

# Eat Your Veggies!

Your goal this week is to eat a veggie with every meal

## WHY EAT VEGGIES AT EVERY MEAL?

- TO HELP YOU CONSUME THE MINIMUM RECOMMENDED AMOUNT OF VEGETABLES/DAY (SEE CHART BELOW)
- LOW IN FAT AND CALORIES AND HAVE ZERO CHOLESTEROL
- FULL OF FIBER, WHICH WILL HELP YOU GET IN YOUR 28G OF RECOMMENDED FIBER/DAY
- HIGH IN VITAMINS, MINERALS AND ANTIOXIDANTS SUCH AS POTASSIUM, FOLATE, IRON, VITAMINS A & C
- MAY LOWER RISK OF HEART DISEASE, HIGH BLOOD PRESSURE, CANCER AND BONE LOSS

How many vegetables should I eat? At Minimum:

Children	2-3 YEARS OLD	1 CUP
	4-8 YEARS OLD	1 1/2 CUPS
Girls	9-13 YEARS OLD	2 CUPS
	14-18 YEARS OLD	2 1/2 CUPS
Boys	9-13 YEARS OLD	2 1/2 CUPS
	14-18 YEARS OLD	3 CUPS
Women	19-50 YEARS OLD	2 1/2 CUPS
	51 + YEARS OLD	2 CUPS
Men	19-50 YEARS OLD	3 CUPS
	51 + YEARS OLD	2 1/2 CUPS

Chart from [choosemyplate.gov](http://choosemyplate.gov)

## WHAT COUNTS AS CUP OF VEGGIES?

- 1 CUP RAW/COOKED/SLICED/CHOPPED OF MOST VEGGIES OR 2 CUPS LEAFY GREENS

## WHAT COLORS SHOULD I EAT?

- AIM FOR A VARIETY SO THAT BY THE END OF EACH WEEK YOU HAVE EATEN THE RAINBOW.
- INCLUDE DARK GREEN, RED, ORANGE, YELLOW, WHITE, BROWN AND PURPLE.

### Examples of veggies at each meal:

#### Breakfast:

- Add spinach, onion, mushrooms, peppers, tomatoes to your eggs
- Eat a small salad of mixed greens
- Add cinnamon and butter to spaghetti squash
- Make an egg and veggie stuffed portabello mushroom
- Eat last night's veggie left overs
- Add chopped frozen spinach, kale and carrots to your smoothies

#### Lunch:

- Use lettuce instead of bread and make a lettuce wrap sandwich, filled with meat, cheese, sliced cucumber, tomato, cabbage and spinach
- Eat a small salad of mixed greens
- Choose a vegetable instead of french fries at restaurants

#### Dinner:

- Always make at least one vegetable with dinner (frozen veggies are great in a pinch!)
- Substitute small sweet potato for bread with your meals
- Add veggies to all sauces/stirfries/casseroles/chilis
- Fill half your plate with veggies

## OTHER FUN VEGGIE TIPS:

Set a variety of raw veggies with a yogurt dip on the counter to munch on throughout the day.

Cut up carrots, celery, broccoli and have it ready to go in the fridge as a quick snack.

Set a salad on the table, but leave the rest of the meal in the kitchen. You will be inclined to grab more salad for seconds since it is easy to reach.

Eat a salad before the rest of your meal.

Salads do not have to be fancy. A handful of pre-washed mixed greens, a few dried cranberries, some sunflower seeds and a drizzle of lemon and olive oil is quick to make and tastes great. Or add fruit (sliced strawberries, blueberries, diced apples) and a drizzle of balsamic vinegar and oil to an arugula salad.

Pair bitter veggies (radishes, arugula, cabbage) with chopped dried fruit.

Try a new veggie every so often. Or try a new way to prepare a veggie. The internet is great for new recipes!

Try roasting broccoli, cauliflower, asparagus, parsnips, carrots, brussel sprouts or rutabaga in the oven with a little oil and spices at 400 degrees until slightly brown.

Frozen green beans are easy to sauté. Add a dash of lemon, some sunflower seeds and parmesan cheese and no one will guess the beans were frozen!

Forget crazy detox diets! Cruciferous vegetables are a natural detox for the body.

---

**PLEDGE: THIS WEEK I WILL CONTINUE TO CONSCIOUSLY ADD MORE FIBER TO EACH OF MY MEALS. I WILL ALSO CONTINUE TO USE MY HAND TO DETERMINE MY PORTION SIZES OF EACH FOOD GROUP. GUIDED BY MY SNACK PREFERENCES, I WILL CHOOSE WHOLE FOOD SNACKS AND DO MY BEST TO INCLUDE A SMALL PORTION OF EACH FOOD GROUP. I WILL EAT SOME SORT OF VEGETABLE AT EACH MEAL. MOST IMPORTANTLY, IF I FAIL TO CONSCIOUSLY ADD FIBER, DON'T KEEP AN EYE ON MY PORTIONS, INDULGE IN PROCESSED, EMPTY CALORIE SNACKS AND FORGET TO EAT ANY VEGGIES, I WILL REALIZE EACH MEAL, EACH SNACK AND EACH DAY ARE A CHANCE TO START OVER.**