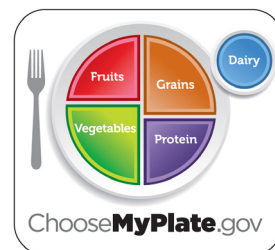


add more vegetables to your day



10 tips to help you eat more vegetables

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1 discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2 be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.



3 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4 check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

5 stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



6 make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.



7 sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

8 while you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9 savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



10 try something new

You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.

Recommended average daily intake of vegetables based on calorie level:

Calorie level	1,200	1,400	1,600	1,800	2,000	2,200	2,400	2,600	2,800
Amount of vegetables	1½ cups	1½ cups	2 cups	2½ cups	2½ cups	3 cups	3 cups	3½ cups	3½ cups
Dark green vegetables	1 cup per week	1 cup per week	1½ cups per week	1½ cups per week	1½ cups per week	2 cups per week	2 cups per week	2½ cups per week	2½ cups per week
Red and orange vegetables	3 cups per week	3 cups per week	4 cups per week	5½ cups per week	5½ cups per week	6 cups per week	6 cups per week	7 cups per week	7 cups per week
Beans and peas (legumes)	½ cup per week	½ cup per week	1 cup per week	1½ cups per week	1½ cups per week	2 cups per week	2 cups per week	2½ cups per week	2½ cups per week
Starchy vegetables	3½ cups per week	3½ cups per week	4 cups per week	5 cups per week	5 cups per week	6 cups per week	6 cups per week	7 cups per week	7 cups per week
Other vegetables	2½ cups per week	2½ cups per week	3½ cups per week	4 cups per week	4 cups per week	5 cups per week	5 cups per week	5½ cups per week	5½ cups per week

An easy way to add vegetables to your meals is to use a tabletop or an outdoor grill. With grilling, there is very little work to be done, and the result is a mixture of delicious and healthful vegetables that retain their nutrients.

Spicy Grilled Vegetables

Marinade:

1/3 cup vegetable oil
1 1/2 teaspoons salt
2 teaspoons oregano
1 teaspoon garlic powder
1 teaspoon thyme leaves
1 teaspoon parsley leaves
1/2 teaspoon black pepper

Preparing the vegetables:

1 small eggplant, sliced 3/4 inch thick
2 medium red potatoes, sliced 1/2 inch thick
1 small yam, sliced 1/2 inch thick
1 medium zucchini, sliced 1 inch thick
1 medium yellow squash, sliced 1 inch thick

Place oil, herbs and spices in a large bowl. Mix well. Set aside. Wash all vegetables. Peel the yam and slice it and the red potatoes in 1/2 inch thick slices. Slice the zucchini and squash in 1 inch thick slices. Place all the vegetables in the large bowl containing the herbs and oil and mix well until all surfaces are covered by the herb mixture. Place as many vegetables on the grill as you can fit and cook until done, turning frequently to prevent burning. Repeat until all vegetables are cooked. Potatoes will take about 10 to 15 minutes, and zucchini and squash will require about 5-7 minutes. Serve.

Nutritional Analysis Per Serving: Total Calories: 198 kcal, Total Fat: 12 grams, Total Saturated Fat: 2 grams, Total Trans Fat: 0 grams, Total Polyunsaturated Fat: 7 grams, Total Carbohydrate: 21 grams, Total Protein: 3 grams, Percentage of Calories From Fat: 55, Total Cholesterol: 0 milligrams, Total Dietary Fiber: 5 grams, Sodium: 603 milligrams, Vitamin D: 0 percent, Vitamin C: 38 percent, Vitamin A: 43 percent, Folate: 10 percent, Calcium: 5 percent, Iron: 11 percent

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