



Make Your Heart Feel Like Dancing with Fruits and Vegetables

Developed by Deb Arseneau, M.S., R.D.

Description:

Adopting healthy lifestyle habits such as eating 5 servings of fruits and vegetables and getting 30 minutes of physical activity each day can help you reduce your risk of many chronic diseases. This lesson includes a heart healthy foods shopping list, recipes featuring orange and dark green fruits and vegetables and web resources for a healthier you.

Objectives:

Participants will fill half their plate with vegetables at lunch and dinner.

Participants will eat 5-9 servings of fruits and vegetables regularly.

Participants will strive for 30 minutes of physical activity on most days of the week.

Participants will avoid tobacco use.

Optional Activities for the Program:

1. It would be a good idea to review the *My Pyramid* to remind participants of healthy food choices at the beginning of the lesson. (www.mypyramid.gov)
2. Demonstrate and taste two to four recipes or make some ahead or allow each table of attendees to assemble a recipe with ingredients you bring that are ready-to-go. (If you chose the latter, make sure you have hand washing facilities and vinyl gloves.)
3. Share favorite fruit and vegetable recipes.
4. Incorporate physical activity in your meeting.
 - a. Go for a 10 minute walk before or after the meeting.
 - b. Put the *Just Dance* game into your wii console or other game system and have some fun.
 - c. Turn on some music and dance.

Resources Used:

- www.cdc.gov
- www.ext.colostate.edu/pubs/columnnn/n090122.html
- <http://healthfinder.gov>
- www.cdc.gov/pcd/issues/2005/apr/04_0115.htm
- <http://www.cdc.gov/physicalactivity/everyone/getactive/olderadults.html>

Materials Needed:

Handouts with recipes and basic lesson information

Ingredients for food demonstrations; utensils, food samples etc.

Wii console (or other game system) and *Just Dance* (or similar program)

PURDUE AGRICULTURE

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.

Make Your Heart Feel Like Dancing with Fruits and Vegetables

Eat right, get plenty of exercise and don't smoke. There, you have it, the magic bullet for reducing the risk of many chronic diseases. What's that? You've heard this before? Yes, mothers everywhere have been trying to get their children to eat their fruits and vegetables and encouraging their kids to get out and play for generations! Yet, still, many Americans continue to struggle with these three simple recommendations.

Typical guidelines, whether it be from the American Cancer Society, American Heart Association or the Dietary Guidelines for Americans, typically recommend:

- Eat 5 or more servings of vegetables and fruits each day
- Remain physically active and maintain a healthy weight
- Avoid tobacco use

Researchers analyzed data from the 2000 Behavioral Risk Factor Surveillance System, a national population-based survey, to measure the number of participants that adhered to all three recommendations. Results were similar to other studies. Approximately one in five of the U.S. population adheres to recommendations for fruit and vegetable intake, one in four adheres to recommendations for exercise, and three in four adheres to recommendations not to smoke. **Yet only about one in 20 (5%) was adherent to all three of those behaviors.**

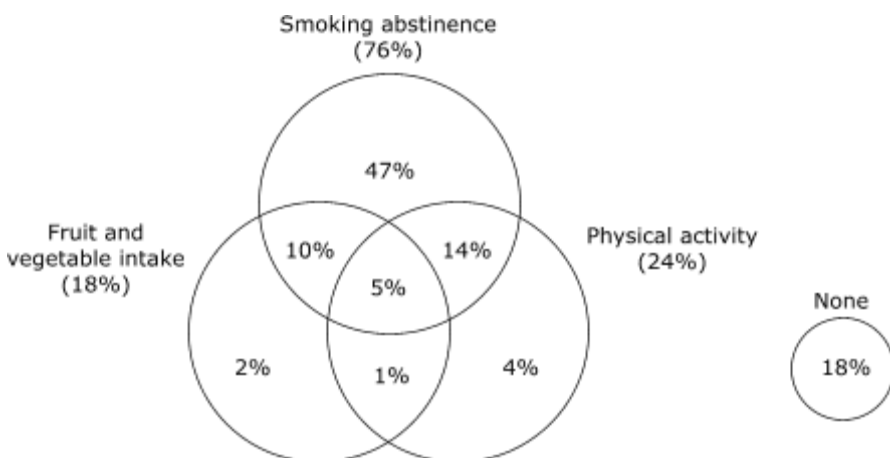


Figure 1a. Proportion of respondents without heart disease adherent to individual and combinations of fruit and vegetable intake, nonsmoking, and physical activity recommendations (n, sample = 36,772; N, weighted population = 40,725,302).

Eat 5 or more servings of vegetables and fruits each day:

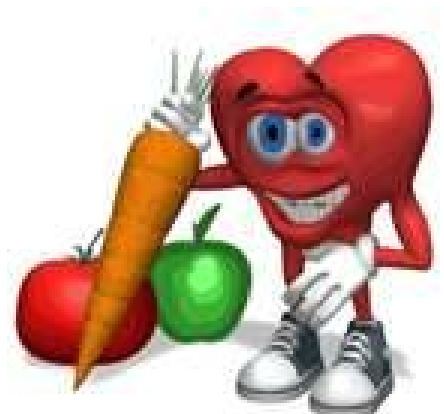
Your body needs the right vitamins, minerals, and other nutrients to stay healthy. A healthy diet means that you are eating:

- Vegetables, fruits, whole grains, and fat-free or low-fat milk products, seafood, poultry, lean meats, eggs, beans, and nuts

A healthy diet can keep your body strong and active.

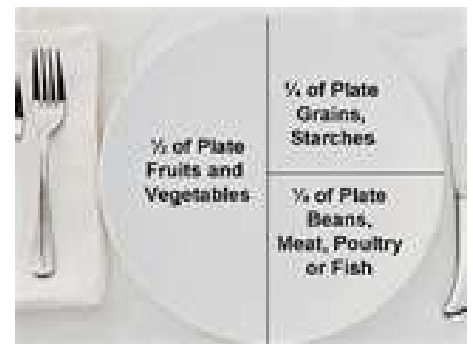
By making smart food choices, you can protect yourself from:

Heart disease, Type 2 diabetes, Bone loss, High blood pressure ,
Some cancers, such as colorectal cancer



There are endless diet plans to choose from, however, most “diets” involve fasting, severely reducing calories or omitting whole food groups. Look for sources that are research-based that you can live with. Think about it as a lifestyle change, rather than a short term diet.

- **The Mediterranean Diet** has been shown to lower LDL – the bad cholesterol. Lowering LDL reduces heart disease risk and controls blood sugar. The Mediterranean diet emphasizes veggies, fruits, grains, beans, nuts and seeds. Fish and poultry are recommended as the primary animal protein and olive oil is the main fat source.
www.ext.colostate.edu/pubs/columnnn/n090122.html
- **My Pyramid** also focuses primarily on plant-based foods as well. More than half the pyramid is from plant sources. MyPyramid recommends 2 ½ cups of vegetables and 2 cups of fruits for the average American. MyPyramid offers an interactive program to help you find a personalized meal plan. Sample menus are also available. Go to www.mypyramid.gov to discover a wealth of information.
- In the *Dining with Diabetes* program we highlight the **Idaho Plate Method** for meal planning. This method also highlights fruits and vegetables. Using this method, fill half your plate with non-starchy vegetables such as green beans, broccoli, bell peppers, onions, carrots, asparagus, celery, lettuce, spinach, etc. One-fourth of the plate should be carbohydrates (pasta, bread, rice, starchy vegetables such as potatoes), and one-fourth of the plate should be the protein source. Round off the meal with a serving of fruit and a low-fat serving from the milk group.



Whichever method you choose, you will notice how colorful your plate is when using any one of these methods. Half the plate is filled with vegetables. Vegetables are low in fat and calories, naturally high in fiber and loaded with other healthy nutrients.

- Try preparing vegetables in a new way and experiment with recipes. Try tossing veggies in olive oil and roasting them in the oven. Pre-packaged veggies or frozen veggies can reduce the time you'll need to prepare veggies as part of your meal.
- Fresh, frozen, canned or dried fruits all provide good nutrients. Fruits, like vegetables are also high in fiber, low in calories and filled with antioxidants. Whole fruits pack the benefit of fiber compared to juices. The key is to have fresh or dried fruit available to eat, especially for snacks in place of typical processed snack foods.
- If you are going to fill half your plate with vegetables, then your grocery cart also should be half full of vegetables. Use the Heart Healthy shopping list (handout) as your guide for a healthy shopping cart.
- Plan your menus for a week at a time. Instead of focusing on a “meat” dish, start your menu planning with vegetables and fruits before making your shopping list.
- Try some of the fruit and vegetable recipes included in this lesson.
- Share these two handouts with your club members: *Focus on Fruits Tip Sheet*, *Colorful Vegetables Tip Sheet*

Remain physically active and maintain a healthy weight

It's never too late to become active. Physical activity is anything that gets your body moving. Start at a comfortable level. Once you get the hang of it, add a little more activity each time you exercise. Then try doing it more often. A good exercise program includes cardiovascular exercise, muscle-strengthening activities and flexibility exercises.

How much aerobic activity do I need each week?

Do moderate or vigorous aerobic activity for at least 10 minutes at a time.

- If you choose **moderate** activities, do at least **2 hours and 30 minutes** a week. Moderate activity includes things like walking fast, dancing, and raking leaves.
- If you choose **vigorous** activities, do at least **1 hour and 15 minutes** a week. Vigorous activity includes things like jogging, jumping rope, swimming laps, or riding a bike on hills.

If you have a health condition, be as active as you can be. Your doctor can help you choose the best activities for you. Walking, swimming and cycling tend to be the best cardiovascular exercises for seniors. Include playing with children, gardening, dancing and housecleaning in your daily routine to count toward your goal of 30 minutes a day. (*Incorporate physical activity into your club meeting. See the suggestions at the beginning of the lesson.)

How much muscle-strengthening activity do I need each week?

Muscle-strengthening activities include push-ups, sit-ups, and lifting weights. Do muscle-strengthening activities at least **2 days** a week. Household items such as canned foods or milk jugs can be used instead of dumbbells. Be sure to strengthen all major muscle groups including the legs, hips, back, chest, stomach, shoulders, and arms.



Physical activity increases your chances of living longer. Exercise can also help:

- Control your blood pressure, blood sugar, and weight
- Raise your “good” cholesterol
- Prevent heart disease, colorectal cancer, and type 2 diabetes

And that's not all. Getting more active can:

- Be fun
- Help you look your best
- Improve your sleep
- Make your bones, muscles, and joints stronger
- Lower your chances of becoming depressed
- Reduce falls and arthritis pain
- Help you feel better about yourself

Additional Resources:

National Institute on Aging: www.niapublications.org/exercisebook/ExerciseGuideComplete.pdf

NIH Senior Health: www.nihseniorhealth.gov

Purdue Extension CFS-738-W Healthy Body Image: Healthy Exercises for Every Body
(Review the objectives from the beginning of the lesson.)

Heart Healthy Foods: Shopping List

Fruits and Vegetables

Choose fruits and vegetables in different colors. Buy them in season to save money.

- Fresh fruits such as apples, oranges, bananas, pears, and peaches
- Canned fruit in 100% juice, **not** syrup
- Dried fruit
- Frozen berries **without** added sugar
- Fresh vegetables such as tomatoes, cabbage, broccoli, and spinach
- Leafy greens for salads
- Canned vegetables low in sodium (salt)
- Frozen vegetables without added butter or sauces



Milk and Milk Products

Look for fat-free, low-fat, or reduced-fat milk products.

- Fat-free or low-fat (1%) milk
- Cheese (3 grams of fat or less per serving)
- Fat-free or low-fat yogurt

Breads, Cereals, and Grains

Look for whole wheat or whole grain as the first ingredient listed on the label.

- 100% whole wheat bread
- Whole-grain breakfast cereals (such as oatmeal)
- Grains such as brown rice, barley, and bulgur
- Whole wheat or whole-grain pasta
- Popcorn

Meat, Beans, Eggs, and Nuts

Choose lean cuts of meat and other foods with protein.

- Fish
- Chicken and turkey breast, without skin
- Beef: round, sirloin, tenderloin, extra lean ground beef
- Pork: leg, shoulder, tenderloin
- Beans, lentils, dried peas
- Eggs and egg substitutes
- Nuts and seeds

Fats and Oils

To cut back on fat, try cooking with a non-stick cooking spray.

- Margarine and spreads with no *trans* fats (soft, tub, or liquid)
- Vegetable oil (canola, olive, peanut, sesame oil)
- Light or fat-free salad dressing and mayonnaise
- Non-stick cooking spray

Source: <http://healthfinder.gov>

Physical Activity for Everyone

<http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>

This site provides visitors with an overview of the importance of physical activity and resources to encourage physical activity. The site features a Measuring Physical Activity Intensity section, which includes the Talk Test, target heart rate and estimated maximum heart rate tests, a perceived exertion test, a metabolic equivalent level test, and lists sample activities by intensity level. The site also provides recommendations for physical activity, and a strength training for older adults section, as well as providing links to additional resources.

Recreation.gov

<http://www.recreation.gov>

A partnership among Federal land management agencies to provide an easy-to-use Web site with information about all federal recreation areas. The site allows you to search for recreation areas by state, by recreational activity, by agency, or by map. It also links visitors to sites where they can make advanced reservations for camp sites and tours, offers recreation maps, and links to weather advisories.

General



HealthierUS.gov

<http://www.healthierus.gov>

HealthierUS.gov is a Web site supporting the President's HealthierUS initiative focusing on physical fitness, prevention, nutrition, and making healthy choices. It serves as a source of credible, accurate information to help Americans choose to live healthier lives. The site also links to Steps to a HealthierUS (Steps), a bold initiative from the U.S. Department of Health and Human Services that advances President George W. Bush's HealthierUS goal of helping Americans live longer, better, and healthier lives.



healthfinder.gov

<http://www.healthfinder.gov/>

healthfinder® is a free guide to reliable consumer health information, developed by the U.S. Department of Health and Human Services and other federal agencies. This site links to carefully selected information and Web sites from over 1,700 health-related government agencies and not-for-profit organizations, includes many online checkups, and offers daily health news in English and Spanish.

También se ofrece en español.

SmallStep.gov

<http://www.smallstep.gov>

In partnership with the Ad Council, SmallStep.gov aims at preventing obesity by encouraging small dietary and physical activity changes in the form of 120 steps, such as Step 5) Drink water before a meal, Step 35) Sit up straight at work, and Step 106) When eating out, ask your server to put half your entrée in a to-go-bag. The site includes the list of steps as well as success stories and tips. Users can sign up for a newsletter with tips, recipes, and more and can create an activity tracker to monitor their progress.

También se ofrece en español.

Nutrition.gov

<http://www.nutrition.gov>

A service of the National Agricultural Library, U.S. Department of Agriculture, Nutrition.gov is a great resource for up-to-date food and nutrition information. In addition to serving as a gateway to reliable information on nutrition, healthy eating, physical activity, and food safety for consumers, educators, and health professionals, the site offers current food and nutrition news and publications, information on weight management, information on food assistance programs, and also offers grocery-shopping tips.

Recipes:

Raw Broccoli Salad

Ingredients:

4 c broccoli florets or broccolini	3 T low fat mayonnaise
¼ red onion, minced	2 T sunflower seeds, shelled, roasted and salted
2 T Splenda® granular	3 T seedless raisins
2 T cider vinegar	

Directions:

1. Finely chop florets or broccolini. Set aside.
2. Place remaining ingredients in a medium-sized mixing bowl. Mix well with whisk. Add broccoli florets.
3. Toss until coated. Cover and chill until ready to serve.

Serving size: 2/3 cup

Number of servings: 6

Simply Delicious Broccoli

Ingredients:

1 head broccoli, cut into florets (5-6 cups)
1 to 2 Tablespoons extra virgin olive oil
A few pinches of kosher salt

Directions: Steam the broccoli until tender, 5 to 7 minutes. Transfer to a large serving bowl and drizzle with the oil. Sprinkle with salt and toss to coat evenly.

Sweet Potato Fries

Ingredients:

2 large sweet potatoes, peeled
1 to 2 Tablespoons olive oil or canola oil
½ teaspoon salt
½ teaspoon ground cinnamon
¼ teaspoon ground ginger

Directions:

1. Preheat the oven to 425 degrees F.
2. Cut the sweet potatoes in half lengthwise, then cut each half into 6 wedges.
3. Combine the oil, salt, cinnamon and ginger in a large shallow bowl and mix well. Add the sweet potatoes and toss to coat evenly with the oil mixture.
4. Place the wedges in a single layer on a baking sheet. Bake for 25 minutes or until tender.
(You can also substitute ½ teaspoon garlic powder in place of the cinnamon and ginger for a zestier flavor.)

Chickpea Pasta Salad with Oranges

Ingredients:

4 oz. multicolored corkscrew pasta, uncooked
2 navel oranges, separated into segments & halved
15 oz. can garbanzo beans, rinsed & drained
3/4 cup broccoli florets
2- 1/4 oz. cans black olives, drained
1/2 cup sliced green onion
1 cup diced red bell pepper
1/4 cup red wine vinegar
1/4 cup orange juice
1 Tbsp. canola oil
1 tsp. basil, fresh or dried
1 tsp. crushed oregano
1/2 tsp. rosemary, fresh or dried
1 clove garlic, minced
1/4 tsp. black pepper

Directions:

Cook pasta according to package directions; drain. Rinse with cold water, drain well again. In a large bowl, combine pasta, orange sections, garbanzo beans, broccoli, red bell pepper, olives and green onion. Combine dressing ingredients in a container with a lid. Cover and shake until blended. Pour dressing mixture over pasta mixture; toss to combine. Cover and chill at least 1 hours, stirring occasionally.

Asian Snow Peas

Ingredients:

1 tsp. sesame oil
1/2 lb. fresh or frozen snow pea pods, ends trimmed
1/2 cup diagonally sliced carrots
1/4 cup sliced water chestnuts, canned, no-salt added
1/2 cup low-sodium chicken broth
1 tsp. low-sodium soy sauce
1 tsp. cornstarch

Directions:

Add oil to a nonstick skillet and heat on medium-high. Add snow peas and carrots. Saute 2 minutes. Add water chestnuts and broth. Bring to a boil. Cover, reduce heat, and simmer 5 minutes or until vegetables are crisp-tender. Combine soy sauce and cornstarch, stir until cornstarch dissolves. Add to vegetable mixture. Cook over medium heat, stirring constantly, until sauce thickens. Serve immediately.

Sweet and Sour Leafy Greens

Ingredients:

5 cups torn and lightly packed romaine lettuce leaves
3 cups lightly packed spinach leaves
2 cups sliced mushrooms
2 oranges peeled and sliced
1 cup halved pitted prunes
½ cup sliced red onion
½ cup nonfat honey mustard dressing
¼ tsp. coarsely ground black pepper

Directions:

Toss all ingredients in a large bowl.

Baked Acorn Squash with Pineapple

Ingredients:

1 large acorn squash (approximately 32 oz.)
2 tsp. ground cinnamon
1 cup crushed pineapple, drained
1 tsp. ground nutmeg
½ tsp. allspice
½ tsp. ground ginger

Directions:

Preheat oven to 350°F. Cut the squash in half and remove the seeds. Place each half, cut side down, in a baking dish. Cover dish and bake for 45-60 minutes until squash is soft and tender. Meanwhile, combine the cinnamon, pineapple, nutmeg, allspice and ginger. When squash is cooked, remove from oven. Let it cool for 10 minutes. Scoop out the pulp from both halves and combine with the pineapple mixture. Replace mixture into shells and return to the oven and bake for 7 minutes until pineapple mixture is hot and bubbly.

Grilled Vegetables

Ingredients:

2 Tbsp. vegetable oil
2 cloves garlic, finely chopped
3 sweet potatoes, cut into 1-inch slices
3 cobs of corn, cut into 2-inch sections
1 eggplant, cut into ½-inch slices
12 green onions, trimmed

Directions:

Mix oil and garlic in a large bowl. Add vegetables and toss. Place vegetables on broiler pan or grill. Cook 10 minutes, turning twice, until vegetables are tender. Place vegetables on a platter. Serve.

Sweet Potato Salad

Ingredients:

2 ½ lbs. sweet potatoes
2 medium-sized tart green apples, unpeeled and cut in ½-inch dices
1 small fresh pineapple, cut into ½-inch chunks or 1 (20 oz.) can pineapple tidbits
½ cup golden raisins
¾ cup mayonnaise
¾ cup plain yogurt
1 ½ Tbsp. curry powder
½ tsp. salt

Directions:

In a saucepan cover potatoes with salted cooled water. Bring to a boil, reduce heat and simmer, covered, until just tender, about 15-20 minutes. Drain potatoes well. Peel potatoes while warm and then allow to cool completely before cutting into ¾-inch chunks and place in a large bowl. Add the apples, pineapple and raisins; set aside. In a small bowl, whisk together remaining ingredients. Add to potato mixture and toss gently until well combined. Chill for a minimum of 1 hour before serving.

Winter Vegetable Stew

Ingredients:

1 cup onions, cut into ½-inch wedges
1 sweet potato
2 carrots
1 lb. banana or Hubbard squash
1 cup parsnips
2 cloves garlic
1 red bell pepper
2 cups low sodium, low-fat vegetable broth
1 cup pureed tomato
1 Tbsp. lime juice
¼ tsp. cayenne
1 (10 oz.) package frozen peas
¼ tsp. salt
1/8 tsp/ black pepper
1 bunch cilantro sprigs, rinsed, or thinly sliced green onions

Directions:

Peel onions and cut into ½-inch thick wedges. Peel the sweet potato, carrots, squash, and parsnips; cut into ¾-inch pieces. Peel and mince or press garlic. Rinse bell pepper; stem, seed, and cut into ½-inch strips. Cook onions, sweet potato, carrots, squash, parsnips, garlic, and 1 cup of broth in a covered pan for 10 minutes, stirring occasionally. Add a few Tbsp. Of water if mixture begins sticking to pan. Add 1 more cup of broth, along with the bell pepper, tomato sauce, lime juice, and cayenne to taste. Return to a boil, and then reduce heat. Simmer covered until vegetables are tender when pierced, about 12-15 minutes. If stew sticks to pan or gets thicker than desired, add more broth as needed. Add peas and stir occasionally until hot, about 2 minutes. Add salt and pepper to taste. Ladle into soup bowls, and garnish with cilantro or sliced green onions.

Mediterranean Bow Ties

Ingredients:

1 Tbsp. olive oil
1 cup green onions, sliced
½ tsp. oregano
½ tsp. basil
¼ tsp. salt
1/8 tsp. black pepper
1/8 tsp. cayenne pepper
1 garlic clove, minced
1 14 ½ oz. can diced tomatoes
1 15-oz. can pinto, garbanzo or black beans, rinsed and drained
2 cups broccoli florets
4 cups hot bow tie pasta, cooked (or any other shape)
1 6-oz. can (drained weight) black olives
¼ cup fat-free feta cheese

Directions:

Heat oil in a large, nonstick skillet over medium heat. Add green onions and sauté 5 minutes. Add oregano, basil, salt, peppers, garlic and tomatoes. Cover and simmer 10 minutes. Add beans. Cover and simmer an additional 5 minutes. Add broccoli. Simmer 2 minutes or until bright green. Combine bean mixture, pasta and olives in a large bowl. Toss well. Sprinkle feta cheese over the top. Serve warm or at room temperature.

Serves 12

Source: Fruits & Veggies More Matters

10 tips

MyPyramid

Nutrition Education Series

focus on fruits

10 tips to help you eat more fruits



Eating fruit provides health benefits. People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health and maintenance of your body, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

- 1** **keep visible reminders**
Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



- 2** **think about taste**
Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits for a sweet effect in a recipe.

- 3** **think about variety**
Buy fruits that are dried, frozen, and canned (in water or juice) as well as fresh, so that you always have a supply on hand.



- 4** **don't forget the fiber**
Make most of your choices whole or cut-up fruit rather than juice, for the benefits that dietary fiber provides.



- 5** **be a good role model**
Set a good example for children by eating fruit every day with meals or as snacks.

- 6** **try fruit at breakfast**
At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with low-fat or fat-free yogurt.



- 7** **try fruit at lunch**
At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

- 8** **try fruit at dinner, too**
At dinner, add crushed pineapple to coleslaw, or include mandarin oranges or grapes in a tossed salad.

- 9** **snack on fruits**
Dried fruits make great snacks. They are easy to carry and store well.



- 10** **keep fruits safe**
Wash fruits before preparing or eating them. Under clean, running water, rub fruits briskly with your hands to remove dirt and surface microorganisms. Dry after washing.



10 tips

MyPyramid

Nutrition Education Series

eat deep orange and dark green vegetables



10 tips to choosing a harvest of colorful vegetables

Learn to love vegetables! Eating foods, such as vegetables that are low in calories per cup, instead of some other high calorie food, may be useful in helping to lower calorie intake. Eating a diet rich in fruits and vegetables as part of an overall healthy diet may protect against certain types of cancer, reduce the risk for type 2 diabetes, and reduce the risk for stroke and other types of heart disease.



orange vegetables

acorn squash hubbard squash
butternut squash pumpkin
carrots sweet potatoes



dark green vegetables

bok choy dark green leafy lettuce romaine lettuce watercress
broccoli kale spinach
collard greens mustard greens turnip greens

1 buy fresh vegetables in-season

They cost less and are likely to be at their peak flavor.



2 put a green vegetable on your dinner plate

Make it easy by simply slicing

a romaine lettuce leaf, topped off with a spoonful of another vegetable. "Invite" broccoli or bok choy to your dinner table more often. Cook until bright green and serve with a drizzle of low-fat salad dressing.

3 choose vegetables with more potassium

Select beet greens, winter squash, spinach, and sweet potatoes often. Also choose lima beans, cooked lentils and split peas, and tomato products (paste, sauce, and juice) for potassium.

4 add color to salads

Use baby carrots, shredded red cabbage, or spinach leaves. Throw in a handful of mixed frozen vegetables that have had time to defrost. Frozen vegetables are already partially cooked but will still add a crunchy texture. Include in-season vegetables throughout the year.

5 munch on raw veggies

Add carrot sticks or sweet red pepper strips at lunch. Snack on celery sticks in the afternoon.



6 learn how to prepare and cook vegetables

Open up a cookbook or turn on a cooking show to learn how to prepare delicious vegetables.

7 buy vegetables that are easy to prepare

Pick up prewashed bags of salad greens, baby carrots, or celery sticks.



8 make vegetables interesting by adding some crunch

Sprinkle slivered almonds or other nuts on steamed vegetables. Add toasted peanuts or cashews to a vegetable stir-fry in place of meat.

9 stock up on frozen or canned vegetables

For quick and easy cooking, have frozen or canned vegetables in your kitchen so you can microwave them when you are extra busy.



10 get your vitamins and minerals from foods

Dark orange and green vegetables provide vitamin A, vitamin C, fiber, potassium, and many other nutrients. Foods are the best source of vitamins and minerals. Supplements cannot replace healthy food choices for a balanced diet.