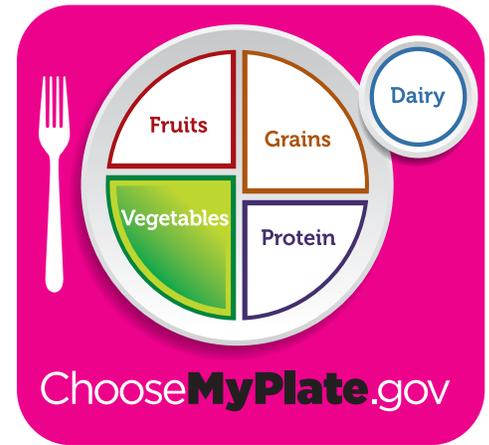


Vary Your Veggies

Did you know... Eating vegetables provides health benefits. People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Veggies provide nutrients vital for health and maintenance of your body. These nutrients include potassium, dietary fiber, folic acid, vitamin A, and Vitamin C.

Choose Wisely Fresh, frozen, and canned vegetables are rich in nutrients. Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor.



Some Foods Included in the Vegetable Group

Dark Green Vegetables

- broccoli
- collard greens
- dark green leafy lettuce
- kale
- mustard greens
- romaine lettuce
- spinach
- turnip greens

Starchy vegetables

- corn
- fresh cowpeas, field peas, or black-eyed peas
- green peas
- green lima beans
- potatoes

Red & orange vegetables

- acorn squash
- butternut squash
- carrots
- pumpkin
- red peppers
- sweet potatoes
- tomatoes
- tomato juice

Beans and peas*

- black beans
- black-eyed peas
- chickpeas
- kidney beans
- lentils
- navy beans
- pinto beans
- split peas
- white beans

Other vegetables

- avocado
- beets
- Brussels sprouts
- cabbage
- cauliflower
- celery
- cucumbers
- green beans
- green peppers
- iceberg (head) lettuce
- mushrooms
- okra
- onions
- turnips
- zucchini

Be Aware When You Prepare Your Vegetables

Fried vegetables are high in fat and do not provide the same amount of nutrients as raw, steamed, roasted, grilled, sauteed, or boiled vegetables.

Grill vegetable kabobs as part of a barbecue meal. Try tomatoes, mushrooms, green peppers, and onions.

Remember, sauces or seasonings can add calories, saturated fat, and sodium to vegetables.

Prepare more foods from fresh ingredients to lower sodium intake. Most sodium in the food supply comes from packaged or processed foods.

Buy canned vegetables labeled "reduced sodium," "low sodium," or "no salt added."

Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup.

Try a main dish salad for lunch. Go light on the salad dressing.

Include a green salad with your dinner every night.

***Fun Fact:** *Beans and peas can count as either a vegetable or a protein food.* Individuals who regularly eat meat, poultry, and fish would count beans and peas in the Vegetable Group. Vegetarians, vegans, and individuals who seldom eat meat, poultry, or fish would count some of the beans and peas they eat in the Protein Foods Group

Make half your plate fruits and vegetables.

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