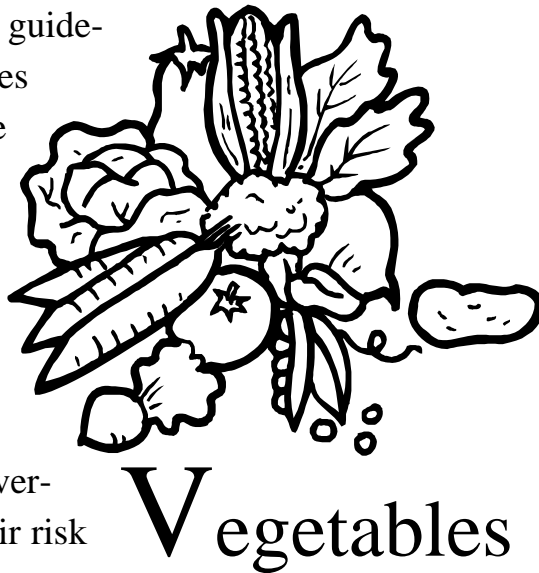




Finding your way to a Healthier You

Vary your Vegetables

A part of the 2005 dietary guidelines from the United States Department of Agriculture and Health and Human Services is Vary Your Vegetables. Eating vegetables provides health benefits - people who eat more fruits and vegetables as part of an overall healthy diet reduce their risk of some chronic diseases.



Vary your vegetable choices.

- ◆ Different vegetables are rich in different nutrients.
- ◆ Add vegetables of different colors to your meals each day.
- ◆ Examples of the five categories of vegetables:
 - ◆ **Dark green** - broccoli, kale, spinach, romaine, and greens
 - ◆ **Orange** - sweet potatoes, carrots, winter squash, and pumpkin

Vegetables are Good for You

- ◆ Most vegetables are naturally low in fat and calories.
- ◆ Vegetables are good sources of potassium, fiber, folate, vitamin A, E, and C.
- ◆ Fruits and vegetables as a part of a healthy diet may reduce risk for stroke, heart disease, type 2 diabetes, and some cancers.

- ◆ **Legumes** - lentils, dried beans, and dried peas
- ◆ **Starchy** - white potato, green peas, and jicama
- ◆ **Other** - tomatoes, onions, green beans, and lettuce

How Many Vegetables

Eat at least 2 ½ cups* (5 servings) of vegetables every day. A serving of vegetable is:

- ◆ ½ cup cooked or chopped raw vegetables
- ◆ ½ cup vegetable juice
- ◆ 1 cup raw leafy vegetables
- ◆ ½ cup cooked dried beans, peas, or lentils



Add vegetables to your diet.

- ◆ Combine vegetables with soups, spaghetti, and casseroles.
- ◆ Snack on cooked or raw vegetables.
- ◆ Buy fresh vegetables in season.
- ◆ Stock up on frozen vegetables for quick and easy cooking in the microwave
- ◆ Sauces or seasonings can add calories, fat and sodium to vegetables. Use the Nutrition Facts label to get the information to make a healthy choice.
- ◆ Canned vegetables are nutritious, but are usually high in sodium. Look for "no salt added" if you need to watch the sodium in your diet.
- ◆ Include cooked dry beans or peas in mixed dishes such as chili or soups.
- ◆ Keep a bowl of cut-up vegetables in the refrigerator. Include not only carrots and celery, but add broccoli, cucumber slices, red or green pepper strips.

*The recommendation of 2.5 cups of vegetables every day is based on a 2,000-calorie diet. Go to www.mypyramid.gov for personalized nutritional recommendations.

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Garden Pasta Salad

To make this salad a meal toss in canned chunk light tuna or cooked chicken.

1 cup pasta uncooked
3T reduced-fat mayonnaise
3T low-fat plain yogurt
1 T vegetable oil
2 t vinegar or lemon juice
1 clove garlic, minced
1/8 t salt, or to taste
Freshly ground pepper to taste
1/2 c cherry or grape tomatoes, halved
1/2 c diced yellow or red bell pepper
1/2 c grated carrots
1/4 c chopped scallions
2T fresh basil or 2 t dried



Bring a large pot of lightly salted water to a boil. Cook pasta, stirring occasionally, until just tender, 8-10 minutes. Drain. Whisk mayonnaise, yogurt, oil, vinegar (or lemon juice), garlic, salt and pepper in a bowl until smooth. Add the pasta and toss to coat. Add tomatoes, bell pepper, carrots, scallions, and basil; toss to coat well. Makes 3 servings 1 cup each.

Per serving: 205 calories; 9g fat 1 mg cholesterol; 29 g carbohydrate; 6 g protein; 4 g fiber; 291 mg sodium.