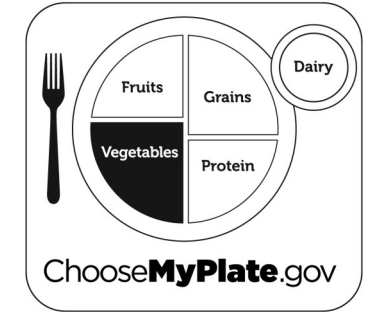


My Plate ... VEGETABLE

Make half your plate fruit and veggies



Include fruit at breakfast

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned or dried/dehydrated; and may be whole, cut-up or mashed. Vegetables are organized into 5 subgroups based on the nutrient content. You should eat a variety of vegetables every week.



Dark Green
broccoli
Kale
mesclun
spinach

Starchy
corn
green peas
lima beans
potatoes

Red & Orange
squash
carrots
red peppers
tomatoes

Beans & Peas
black beans
garbanzo beans
kidney beans
lentils

Other
beets
cauliflower
cucumbers
green beans

Tips for Eating More Veggies:

- Liven up eggs and omelets with spinach, broccoli or tomatoes
- Try a veggie pizza with toppings like mushrooms, peppers or onions
 - Snack on raw veggies with dip or yogurt

For more information on MyPlate ... Vegetable, please visit
http://www.choosemyplate.gov/food-groups/vegetables_amount_table.html

