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.

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