

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

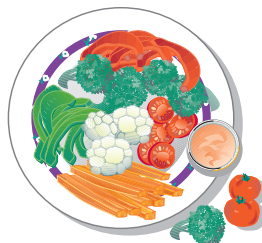
Select beet greens, winter squash, spinach, and sweet potatoes often. Also choose lima beans, cooked lentils and split peas, and tomato products (paste, sauce, and juice) for potassium.

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.



Center for Nutrition
Policy and Promotion

Go to MyPyramid.gov for more information.

Nutrition TipSheet No. 5

November 2009

USDA is an equal opportunity
provider and employer.