

Vary Your Veggies



Eat more dark green and orange vegetables and legumes (dried beans, peas, and lentils).

Vary your vegetable choices.

- Different vegetables are rich in different nutrients.
- Add vegetables of different colors to your meals each day.
- **Here are five categories of vegetables with examples.**
 - **Dark green** – broccoli, kale, spinach, romaine, and greens
 - **Orange** – sweet potatoes, carrots, winter squash, and pumpkin
 - **Legumes** – lentils, dried beans, and dried peas
 - **Starchy** – white potatoes, corn, green peas, and jicama
 - **Other** – tomatoes, onions, green beans, and lettuce

Eat at least 5 servings (2 1/2 cups) of vegetables every day. A serving of vegetables is:

- 1/2 cup cooked or chopped raw vegetables
- 3/4 cup vegetable juice
- 1 cup raw leafy vegetables
- 1/2 cup cooked dried beans, peas, and lentils

Most vegetables are good sources of fiber.

- For example, a half-cup serving of cooked dried beans has 4 to 10 grams of fiber. A healthy adult female should eat about 25 grams and a healthy adult male about 38 grams of fiber each day.

Add vegetables to your diet.

- Combine vegetables with soups, spaghetti, and casseroles.
- Snack on cooked or raw vegetables.



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu