

What is in the vegetable group?

All vegetables and 100% vegetable juices are included in this group. Veggies may be raw, cooked, fresh, frozen, canned, or dried. It's important to eat a variety of colorful vegetables to get all the nutrients they provide.

How much should I eat?

Most people need about 2 ½ cups per day. Some people may need a little more or a little less depending on their physical activity level, age, and gender.

What counts as a cup?

- 1 cup of raw or cooked vegetables
- 1 cup of cooked beans or peas
- 1 cup of 100% vegetable juice
- 2 cups of raw leafy greens

Nutrition

Vegetables provide vitamins, minerals, and dietary fiber. Eating vegetables as a part of a healthy diet can reduce the risk for:

- Heart disease
- Stroke
- Type 2 Diabetes
- Cancer
- Weight gain

Shopping List

Ideas for including vegetables in your diet:

- Buy fresh vegetables when they're in season. They cost less and taste better.
- Look for reduced sodium canned vegetables for a quick side dish.
- Keep cut up vegetables in the refrigerator for snacking. Try celery sticks, baby carrots, cucumber slices, or bell pepper strips.
- Try dipping veggies in low-fat dips and dressings for some added flavor.

