

Healthy Habits



Healthy Habit: Eat Your Veggies

Fruits and vegetables contain vitamins, minerals, fiber, and phytochemicals that can help you maintain a healthy heart, memory function, and vision health, all while lowering your risk for some forms of cancer. Including at least five cups per day in your meals or snacks can also help to control your weight by filling you up on healthy calories. While most people seem to be able to include fruit in their diet without much trouble, vegetable intake is well below the recommendations.

How many vegetables should you eat each day? The best advice is from the U.S. Departments of Agriculture (USDA), which recommends choosing a variety of colorful veggies and aiming for one to three cups daily depending on your age, gender, and level of physical activity. For 2- to 3-year-olds, one cup is the recommendation, but that number jumps to three cups for men between the ages of 19 and 51. Getting even one cup can be tough if you're a kid (or adult) who shies away from anything green or refuses to take even a bite of broccoli or butternut squash. Here are five tips to incorporate more vegetables into your day.

1. **Substitute veggies into favorite meals.** What's nice about vegetables is that they are so versatile. You can add zucchini noodles into a pasta mix, use cauliflower as pizza crust, rice, or as mashed potatoes. You can also add shredded carrots and chopped spinach to pizza and sauces and use veggies as "fries."
2. **Continue to introduce (and re-introduce) vegetables.** They say if you offer a food up to 10 times, you can develop a taste for that food. So don't give up on the first try, especially with foods like vegetables that are so healthy for your body!
3. **Oven-fry versus deep-fry.** Oven-frying makes for some tasty, crunchy vegetables and can entice picky eaters without all the added fat from deep-frying. A little seasoning or cheese here and there can make it even more flavorful.
4. **Keep trying different methods!** Try veggies warm, cold, frozen, roasted, steamed, sautéed, with dip, in different shapes, etc. It's amazing how sometimes a vegetable can taste so different depending on its temperature/texture!
5. **Incorporate more vegetables into a favorite dish.** Add veggies to dishes like tacos, pizza, or spaghetti. You can even add veggies to your mac 'n cheese or lasagna!

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The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.



Healthy For Good™

RED & PINK

- beets
- cherries
- cranberries
- pink grapefruit
- pomegranates
- radicchio
- red radishes
- raspberries
- red apples
- red grapes
- red peppers
- red potatoes
- rhubarb
- strawberries
- tomatoes
- watermelons

BLUE & PURPLE

- blackberries
- blueberries
- eggplants
- grapes
- plums
- prunes
- purple figs
- purple onions
- radicchio
- red cabbage
- red onions



YELLOW & ORANGE

- acorn squash
- butternut squash
- apricots
- cantaloupes
- carrots
- corn
- grapefruit
- lemons
- mangoes
- nectarines
- oranges
- orange peppers
- papayas
- peaches
- pineapples
- pumpkins
- summer squash
- sweet potatoes
- tangerines
- yams
- yellow apples
- yellow peppers
- yellow squash

WHITE & BROWN

- bananas
- brown pears
- cauliflower
- currants
- dates
- garlic
- Jerusalem artichokes
- mushrooms
- onions
- potatoes
- parsnips
- raisins
- shallots
- turnips

GREEN

- artichokes
- asparagus
- avocados
- bok choy
- broccoli
- Brussels sprouts
- celery
- collard greens
- cucumbers
- green beans
- green cabbage
- green grapes
- green onions
- green peppers
- kale
- kiwis
- leeks
- limes
- mustard greens
- okra
- pears
- peas
- romaine lettuce
- snow peas
- spinach
- sugar snap peas
- watercress
- zucchini

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