

ROOT VEGETABLES



Carrots



Beets



Celery



Turnip



Leeks



Radish



Onion

CRUCIFEROUS VEGETABLES



Cabbage



Broccoli



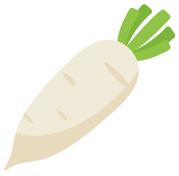
Cauliflower



Brussel Sprouts



Arugula



Daikon Radish



Bok Choy



Kohlrabi



Kale



Swiss Chard

NIGHTSHADE VEGETABLES



Chile Peppers



Okra



Bell Peppers



Tomatoes



Eggplant

OTHER VEGETABLES



Green Beans



Cucumbers



Asparagus



Artichoke



Mushrooms

IMPORTANCE OF NONSTARCHY VEGETABLES

- High in Vitamins and Minerals
- Good Source of fiber
- Low Calorie
- Low Fat
- High Water Content
- Slows digestion and increases satiety
- Helps lower Cholesterol

TIPS ON CHOOSING YOUR VEGETABLES

- When using canned or frozen vegetables, choose those that state “no salt added” on the label.
- When using canned vegetables with sodium, drain the fluid out of the vegetables and rinse with water to decrease the amount of sodium
- As a general rule, canned or frozen vegetables in sauces are higher in both fat and sodium.
- To save money and waste, buy fresh vegetables for snacks and salads and buy frozen for cooking

INCREASING YOUR VEGETABLE CONSUMPTION

- Aim toward 5 servings a day
- Add them to your casseroles and soups
- Add lettuce, tomato, onion, cucumbers, bell peppers to your sandwiches
- Try cutting back on your starch at meals and add in more roasted, steam, and baked vegetables