

CHOP, CHOP! EAT YOUR VEGGIES!

What's a serving?

If three servings a day of vegetables sounds like too much, consider what constitutes one serving:

- A half-cup chopped raw or cooked vegetables
- 1 cup raw, leafy vegetables
- $\frac{3}{4}$ cup vegetable juice

| 10 easy ways to hit your veggie target | |
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| 1. | Add frozen mixed vegetables to a bowl of canned soup. |
| 2. | Buy romaine, spinach or dark leaf lettuce instead of iceberg for greater nutritional benefit. |
| 3. | Designate one night a week as “stir-fry” night to boost your intake of vegetables. |
| 4. | Keep a 6-ounce can of vegetable or tomato juice at work or in the car. It's one serving. |
| 5. | Dress up mac and cheese with steamed broccoli or carrots. |
| 6. | Indulge your salsa cravings. A half-cup counts as one serving. |
| 7. | Stuff shredded carrots, cucumbers, tomatoes or zucchini into a pita pocket. |
| 8. | Add tomatoes, spinach, broccoli to an omelet or baked potato. |
| 9. | Dip into the dips! A mixture of fat-free mayo and dijon mustard is perfect for dipping ready-to-eat veggies. |
| 10. | Serve spinach or baked sweet potatoes once a week. |

