



Vegetables

Vegetables are a great source of fiber, vitamins, and minerals!

Eating vegetables helps reduce your risk of:

- cancer
- heart disease
- stroke
- diabetes
- other diseases

Vegetables may also help you control your hunger and weight.

Vegetables are low in calories and have very little fat. Choose fresh, frozen, or canned vegetables without added salt, butter or cream sauces.

What is one serving of vegetables?

- ½ cup cooked
- 1 cup raw
- ¼ cup dried
- ½ cup 100% juice

Eat a variety of different colored vegetables. Each color provides different nutrients.



Aim for at least two and a half cups of vegetables per day!

