



3 EASY WAYS TO EAT MORE VEGETABLES

1.

VARY YOUR VEGGIES...ONE VEGETABLE AT A TIME

- Incorporate a variety of colored vegetables to ensure a broad range of nutrients.
- Gradually introduce new vegetables into your diet, starting with one each week.

2.

MAKE VEGGIES THE MAIN EVENT

- Aim for 50% of a 9-inch plate to be filled with fruits and vegetables.
- Explore veggie-centered options for tacos, soups, stews, buffalo-flavored dishes, pizzas, pastas, and barbeque.

3.

MAKE YOUR VEGGIES TASTE (AND LOOK)... GOOOOOOD

- Season vegetables with fresh or dried herbs, spices, citrus, and flavored vinegar.
- Experiment with various cooking methods like blanching, braising, roasting, sautéing, steaming, and stir-frying to enhance flavor and appearance.



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