Are you eating your veggies?

Veggies can help lower the amount of calories you take in by helping you feel full longer. They can also decrease your risk of heart disease, protect against certain types of cancers, reduce the risk of type 2 diabetes, help limit bone loss, and lower blood pressure. Those are just a few great reasons to make eating veggies a habit.

Did you know that the more colorful your food, the more nutrients you’re getting in your diet? Try to eat the rainbow. Think red tomatoes, orange carrots, yellow squash, green beans, and purple eggplant.

Are you struggling to eat more veggies? You’re not alone. **Try these four tips to help make eating veggies a habit:**

1. **Keep track**
   You’re more likely to eat veggies if you write down how many servings you get each day.

2. **Set a goal**
   Start small and add one serving of veggies a day. Later, include an extra serving at most meals.

3. **Keep a variety of veggies on hand**
   Keep fresh, frozen, and canned veggies on hand at all times. This can help make it easier for you to get your veggies.

4. **Make eating veggies easy**
   Place green beans, carrots, or broccoli with a small amount of water in a bowl and steam in the microwave for a quick dish.

See the other side for tips for adding more veggies in your diet.
Love veggies in every meal

Veggies are packed with nutrition. Including them in each meal can give your body a boost of good-for-you vitamins and nutrients. There are countless ways to get more veggies into your diet without taking up too much time.

**Breakfast**

- Mushrooms or tomatoes are easy veggies to toss into eggs or an omelet.
- If a smoothie is your go-to breakfast, try adding a handful of spinach or kale.
- Skip the coffee and try a green veggie juice to give you a boost of energy.

**Lunch**

- Only 20 minutes for lunch? Try a pre-made salad with dressing on the side.
- If co-workers insist on pizza, load it up with veggies like broccoli, spinach, peppers, onions, or mushrooms!
- Add veggies like lettuce, tomatoes, or cucumbers to your sandwiches.

**Dinner**

- Get more vitamins by swapping a baked potato for a sweet potato.
- Add frozen veggies to your pasta or noodle dishes.
- Swap out fries or bread for a side of veggies.