Fall in love with veggies!

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PEBTF
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Learning objectives

Fall in love with veggies!

• **Understand** the health benefits of veggies
• **Learn** about daily requirements and servings sizes
• **Discover** which nutrients are in veggies
• **Learn** how to add more veggies to your diet
• **Get** some simple ideas for you and the kids
MyPlate food groups

- Use to **guide healthy eating**
- Plate image shows which **portion sizes** of food groups to eat
- Make half of your plate **fruits and veggies**!
Plenty of health benefits

- May reduce risk for heart disease, heart attack, stroke
- May reduce risk for obesity and type 2 diabetes
- Low in fat, sodium, and calories
- Provides vital nutrients for your health
- May protect against certain cancers

Hurray! Fill half your plate with fruits and veggies.
How much do you need?

**VEGETABLES**

- **Women**: 2 - 2½ cups
- **Men**: 2½ - 3 cups
What counts as a cup of **veggies**?

- 2 cups leafy greens
- 1 cup cooked greens
- 1 cup baby carrots
- 1 cup cooked beans
- 1 cup cucumber
Veggies: fresh, frozen or canned?

**FRESH**
- *Sometimes* cheaper in season
- Taste preference
- Freeze extra before spoiling

**FROZEN**
- Easy to prepare
- Longer storing time
- Make sure no added sugars/sauces

**CANNED**
- Vegetables or beans usually have added sodium – rinse off before eating

Smart shopping for produce

• **Buy in all forms** - fresh, canned, or frozen

• **Search for items on sale** – look at the store circulars, local newspapers or online

• **Try to buy fresh produce** when it’s in season

• **Keep it simple** – foods cost much less when purchased in their basic forms

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Make your plate colorful

• Dark-green veggies (arugula, kale)
• Starchy veggies (Corn, green peas, potatoes)
• Red and orange veggies (Carrots, pumpkin, red peppers)
• Beans and peas (Lentils, chickpeas, pinto beans)
• Other (artichokes, asparagus, celery, eggplant, iceberg lettuce, mushrooms)
What vitamin gives carrots and sweet potatoes their orange color?

A. Vitamin D  
B. Folate  
C. Vitamin A  
D. Vitamin O
Key nutrients from veggies

Vitamin C

Potassium

Vitamin A

Dietary fiber

Folate

Hurray! More colors = more nutrients
Key nutrients from veggies

**Vitamin C**

Important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy

**Sources:**
Broccoli, baked potatoes, red and green peppers, onions
Key nutrients from veggies

Vitamin A

Keeps eyes and skin healthy and helps to protect against infections

Sources:
Carrots, squash, dark green and yellow vegetables
Key nutrients from veggies

**Potassium**

May help lower blood pressure, reduce the risk of developing kidney stones, and help to decrease bone loss

**Sources:**
Sweet and white potatoes, beet greens, kidney and lima beans, spinach, tomato products
Key nutrients from veggies

**Folate**

A type of B vitamin that helps your body produce and maintain new cells, and also helps prevent changes to DNA that may lead to cancer.

**Sources:**
Asparagus, beets, peas, brussel sprouts, broccoli, spinach
Key nutrients from veggies

Dietary fiber

May help to reduce blood cholesterol levels and may lower risk of heart disease; important for proper bowel function

Sources:
Beans, peas, almost all veggies and fruits
You should only eat raw vegetables because if you cook vegetables, all of the vitamins are “cooked away.”

True  False

Quick Tips to add more veggies to your diet
Adding veggies to your diet

TIP 1
Make it Easy

• **Microwave** to quickly cook veggies
• **Buy a variety** of frozen veggies
• **Buy packaged**, ready-to-eat fresh veggies
• **Keep a bowl of cut-up veggies** in a see-through container in the refrigerator
Adding veggies to your diet

TIP 2
Pump up the flavor

• Dip raw veggies in low-fat salad dressing, hummus, or peanut butter
• Toss with low-fat Italian dressing and parmesan cheese
• Roast veggies in oven with a drizzle of olive oil to bring out flavor
• Season with lemon juice, olive oil, fresh herbs
Adding veggies to your diet

More ways to pump up the flavor

• Fire up the grill
• Expand the flavor of your casseroles
• Planning something Italian? If so, add extra veggies to your dishes
• Get creative with your salad
• Get in on the stir-frying fun
• Add them to your sandwiches
• Add them to your smoothies
• Liven up an omelet
Adding veggies to your diet

TIP 3  Take small steps

- **Add lots of colorful veggies** to green salads
- **Substitute** lettuce, tomatoes, cucumbers or onions for cheese on a sandwich
- **Add chopped veggies** to your favorite soup
- **Puree** and add them to your favorite pasta sauce, casseroles or wrap
Adding veggies to your diet

TIP 4
Shop smart

• **Purchase** in-season fresh veggies
• **Buy small amounts** frequently
• **Opt for store brands** when possible
• **Plant** your own
• **Buy in bulk** when items are on sale
Adding veggies to your diet

TIP 5
Stay focused

• Keep track
• Set a goal
• Add just one extra serving a day
Ways to add more veggies throughout the day

Breakfast
• Add some vegetables to eggs for a veggie scramble or omelet

Lunch
• Add some vegetables to your sandwich or wrap
• Try reduced- or low-sodium vegetable soup
• Like tuna or chicken salad? More of a lettuce or spinach salad person?

Dinner
• Steam or stir-fry some veggies to top off whole wheat pasta or brown rice
• Make shish-kabobs by putting lean meat and vegetables on a skewer
• Next time you order (or make) pizza, sub out one meat for more veggies

Snacking
• Cut up veggies and eat them with hummus or peanut butter or other nut butters
Try these fresh ideas
Hide veggies in your favorite foods

Try to puree veggies instead of chopping or shredding and mix into your favorite:

• Tomato sauce
• Casseroles
• Meatloaf
• Chiles
• Breads
• Cookies
Try this! Basic tomato sauce

Ingredients:
- 2 tablespoons vegetable oil
- 1 onion (medium, chopped, or pureed)
- 3 cloves garlic (chopped)
- 1 pound fresh tomatoes (seeds removed and chopped)
- 1 tablespoon dried basil (oregano, or Italian seasoning if you like)
- ½ teaspoon black pepper
- ¼ teaspoon salt
- 1 teaspoon sugar
- 3 tablespoons tomato paste
- Add: ¼ cup carrot or spinach puree

Directions:
1. Heat oil in a large skillet over medium heat. Add the onion and cook until soft. Stir in garlic and cook 1 minute
2. Stir in tomato, black pepper, salt, and sugar. If using basil, oregano, or Italian seasoning, add that too
3. Cook 15 minutes
4. Stir in tomato paste and cook another 15 to 20 minutes
Drink your veggies

Choose a green veggie
- Spinach
- Kale
- Broccoli
- Celery

Add a fruit (fresh or frozen)
- Apple
- Pineapple
- Banana
- Avocado

Top off with liquid then blend with ice
- Water
- 100% fruit juice
- Almond milk
- Coconut milk
Try this! Simple green smoothie

Ingredients:
• 1 cup kale or spinach
• 1 banana, medium
• 1 cup low fat milk (or optional coconut milk or almond milk)
• 1 cup plain yogurt
• 1 apple, medium (cored and sliced)
• 1 cup frozen fruit (all one fruit or a combination of mixed frozen fruit)
• flax seeds, 1 Tablespoon (optional)
• chia seeds, 1 Tablespoon (optional)

Directions:
1. In a blender, blend the kale or spinach and the liquid of your choice
2. Add in the rest of the ingredients, blending after each item
3. Serve and enjoy, cold
4. Reserve the leftover smoothie in the refrigerator for later in the day or the next day

Note: Consume within 24 hours
Brown bagging your veggies

Transportable veggies
• Broccoli
• Cauliflower
• Red, yellow, orange peppers
• Cherry tomatoes
• Baby carrots
• Snap peas

Dip in a healthy side
• Nut butters
• Avocado
• Hummus
• Low fat dressing

Add a protein to stay full longer
• Hard-boiled egg
• Cottage cheese
• Low sugar (or Greek) yogurt
• String Cheese
• Tuna
• Lean deli meats

Don’t forget to keep a stash of healthy items at work and leave in your desk, locker, or work fridge in case you forget your lunch!
Try this! Hummus for veggies

Ingredients:

• 15 ½ ounce can reduced sodium garbanzo beans, drained and rinsed
• Tahini, 1 tablespoon
• Lemon juice, 2 tablespoons
• 2 garlic cloves, chopped
• 1/4 teaspoon, salt
• 1/4 – 1/2 cup water
• 1/4 cup parsley, chopped
• A pinch of cayenne pepper

Directions:

1. Place beans in a processor or blender. Add the tahini, lemon juice, garlic, salt, and cayenne. Whiz until smooth.

2. Scrape into a bowl and stir in the parsley. Serve with fresh cut vegetables or as a sandwich spread.
Try this! Cranberry pumpkin muffins

**Ingredients:**
- 2 cups flour
- 3/4 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 3/4 teaspoon allspice
- 1/3 cup vegetable oil
- 2 eggs, large
- 3/4 cup pumpkin (canned)
- 2 cups cranberries (fresh or frozen, chopped)

**Directions:**
1. Preheat oven to 400 degrees
2. Sift together dry ingredients (flour through allspice) and set aside
3. Beat oil, eggs, and pumpkin together until well blended
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries
6. Spoon into paper lined muffin cups
7. Bake at 400 degrees for 15 to 30 minutes
Kid-friendly ways to include more veggies

- Fruity peanut butterfly
- Put kids in charge
- Bugs on a log
- Delicious dippers
- Potato person
- Personalized pizzas
- Caterpillar kabobs
Summary

- Make half of your plate fruits and veggies!
- Veggies have important health benefits
- Apply the tips to help you eat more veggies
- Encourage your kids to eat a new veggie
- Try to include veggies in a new way

Visit choosemyplate.gov for more information on veggies and to learn more about the other food groups!
Visit MyActiveHealth today!

Sync your devices or apps, access trackers, videos, webinars, action items and more!
Like PEBTF on Facebook to:

- Stay informed on upcoming Get Healthy events
- Stay up-to-date with information on your PEBTF benefits
- Stay educated via health and wellness news
Thank you!