

**Ways to Increase Vegetables in Your Diet**  
**(from Stealth Health by Evelyn Tribole, MS RD)**

1. Eating any vegetable whether fresh, canned, or frozen is an improvement over not eating one at all.
2. Visit a farmer's market. There's nothing like fresh grown vegetables and why not support the local economy!
3. Serve different textures of vegetables: soft (cooked) and crunchy (raw) with both meals and snacks.
4. Add veggies to your favorite foods such as pizza, salad, pasta, casseroles.
5. Season vegetables with a little fat (try olive oil!) and herbs and spices for added flavor. Fresh herbs really add flavor!
6. Steam vegetables in a flavorful broth such as chicken stock or vegetable broth.
7. Throw some veggies on the grill-either whole or large pieces on skewers. This adds a very unique flavor!
8. Double your normal portion of vegetables!
9. Try vegetable or tomato juice for a beverage-it counts as a vegetable serving.
10. Try one new vegetable or recipe with vegetables each week.
11. Take advantage of packaged fresh salad greens for a quick and easy salad. Add more veggies to your salad!
12. Serve a vegetable tray for snacks at home and for parties. Stretch out of your comfort zone and try different veggies such as jicama and colored bell peppers.
13. Add chopped tomatoes or salsa and other vegetables to burritos or tacos.
14. When eating out, ask yourself "How will I get a vegetable at this meal?"
15. If eating a fast food meal, try adding a baked potato, side salad or trip to the salad bar.
16. Add leftover vegetables to homemade soup.
17. Stock your freezer with frozen veggies so you always have an option when you are out of fresh vegetables.
18. Eat more vegetable-based meals in which they are an integral part of the dish such as stir-fry recipes or pasta primavera. Add spinach or another cooked green to your lasagna or manicotti recipe.
19. Take advantage of the convenience of pre-cut veggies such as baby carrots or veggies from a supermarket salad bar for adding to sack lunches, for snacks or eating while on the go.
20. Grate or chop a vegetable into tiny bits to add to soups, sauces, casseroles (such as finely shredded carrots added to tomato sauce).
21. Puree a vegetable and add it to a sauce or soup. It can aid in the thickening process.

**Vegetables Super high in vitamin C**

bell peppers (yellow is highest)  
broccoli  
Brussels sprouts  
cauliflower  
kale  
kohlrabi  
vegetable juice (such as V8)

**Vegetables super high in vitamin A**

bell pepper  
carrot  
dandelion greens  
pumpkin  
spinach  
sweet potato  
Swiss chard  
turnip greens  
winter squash

