

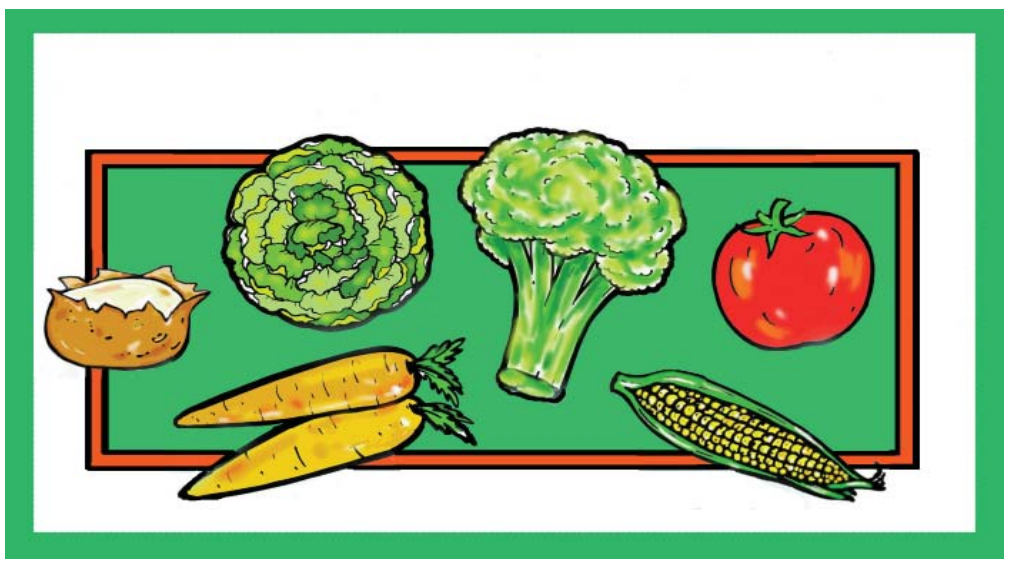


Vegetable Group

Vary your veggies



UNIVERSITY OF ILLINOIS
EXTENSION
FOOD STAMP NUTRITION EDUCATION
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



Vegetable

(teacher)

Sample question:

“What are some vegetables your family eats, and why do you like to eat them?”


Vegetables are good for your health.

Vegetables:

- are low in calories.
- are low in fat.
- are a good source of fiber.
- are flavorful.
- are a great source for vitamins and minerals.
- are great for snacks.

Vegetables are good for your health.

Vegetables:
are low in calories.
are low in fat.
are a good source of fiber.
are flavorful
are great for snacks.



Vegetable 3

Vegetables are good for your health.

Vegetables:

are low in calories.

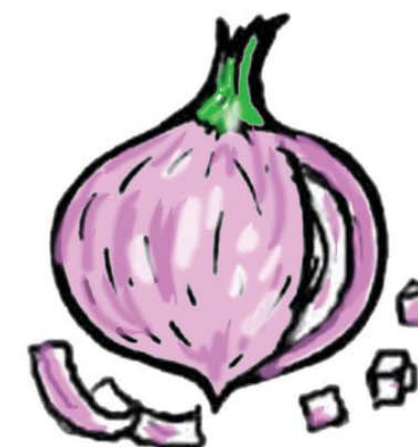
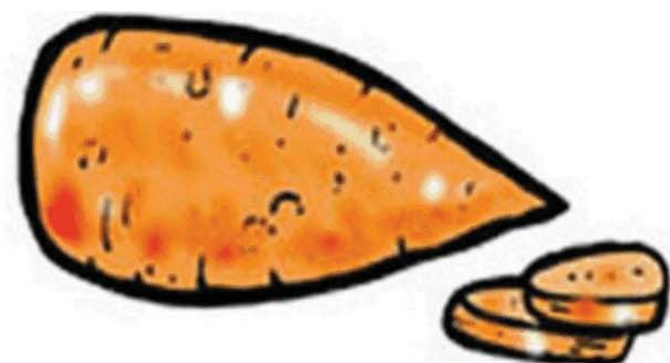
are low in fat.

are a good source of fiber.

are flavorful.

are a great source for vitamins and minerals.

are great for snacks.



(teacher)

Share with participants:

“There are many different kinds of vegetables.”

Examples

Dark green vegetables

bok choy
broccoli
collard greens
dark green leafy lettuce
kale

Orange vegetables

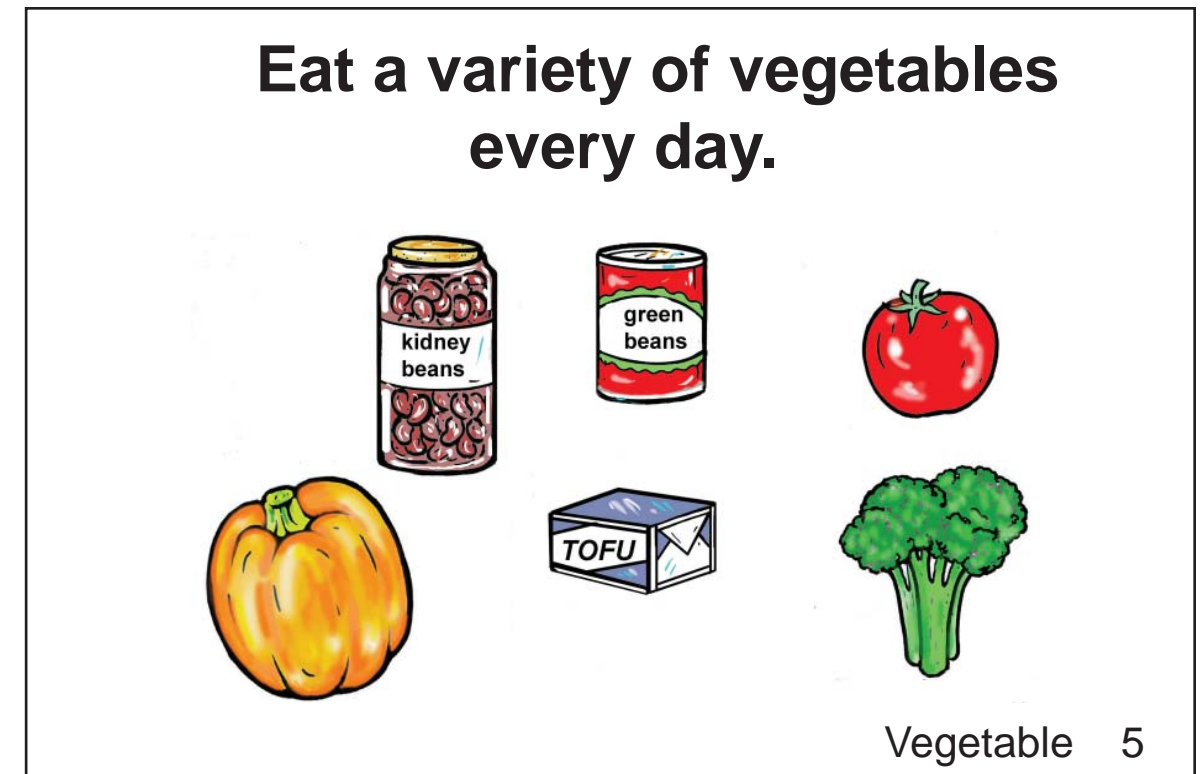
acorn squash
carrots
pumpkin
sweet potatoes

Dry beans and peas

black beans
kidney beans
lentils
lima beans (mature)
tofu (bean curd made from soybeans)
white beans

Starchy vegetables

corn
green peas
lima beans (green)
potatoes



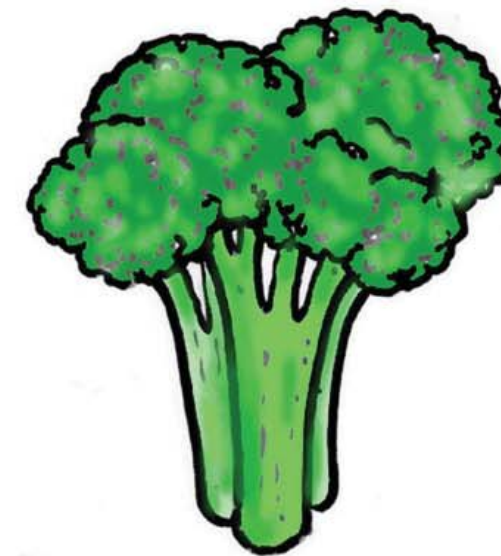
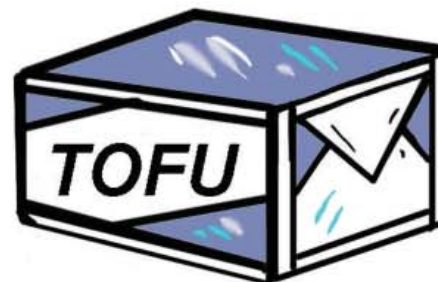
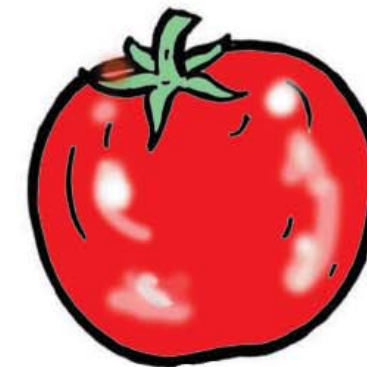
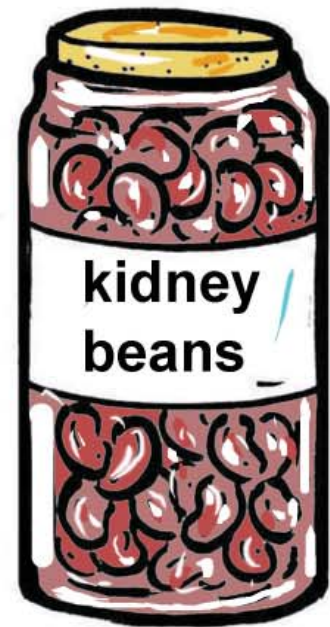
Other vegetables

beets
Brussels sprouts
cabbage
cauliflower
celery
cucumbers
green beans
green or red peppers
iceberg (head) lettuce
mushrooms
okra
onions
parsnips
tomatoes

turnips
wax beans
zucchini

Vegetable 4

Eat a variety of vegetables every day.



(teacher)

Share with participants:

“You need to eat about 2 1/2 cups (5 servings) of vegetables every day.”

1/2 cup serving of vegetables is equal to:

- 1/2 cup of cooked or chopped raw vegetables
- 1 cup of leafy raw vegetables, such as lettuce or spinach
- 1/2 cup vegetable juice
- 1/2 medium potato
- 1/2 cup of beans
- 1 small ear of corn (6-inches long)

You need to eat about 2 1/2 cups (5 servings) of vegetables every day.



A 1/2 cup serving of vegetables is equal to:

- 1/2 cup of cooked or chopped raw vegetables
- 1 cup of leafy raw vegetables, such as lettuce or spinach
- 1/2 cup vegetable juice
- 1/2 medium potato
- 1/2 cup of beans
- 1 small ear of corn (6-inches long)

Vegetable 7

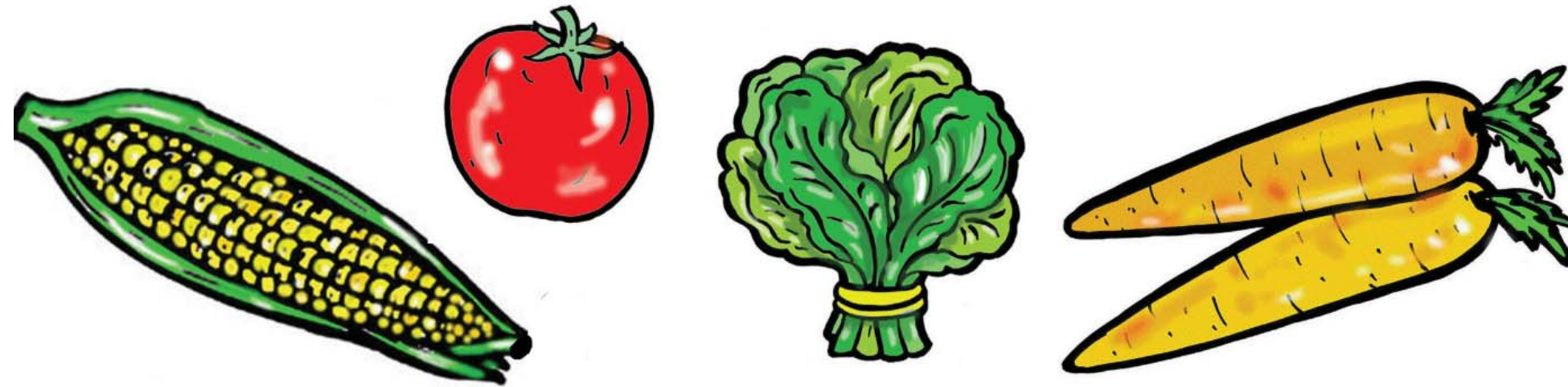
For teacher:

The recommendation of 2 1/2 cups of vegetables every day is based on a 2,000 calorie diet. If your recommended caloric intake is less than 2,000 calories/day you may need to eat less than 2 1/2 cups of vegetables/day and if your recommended caloric intake is greater than 2,000/day you may need to eat more than 2 1/2 cups of vegetables/day.

Go to **www.mypyramid.gov** for personalized nutritional recommendations.

Vegetable 6

**You need to eat about 2 1/2 cups
(5 servings) of vegetables every day.**



A 1/2 cup serving of vegetables is equal to:

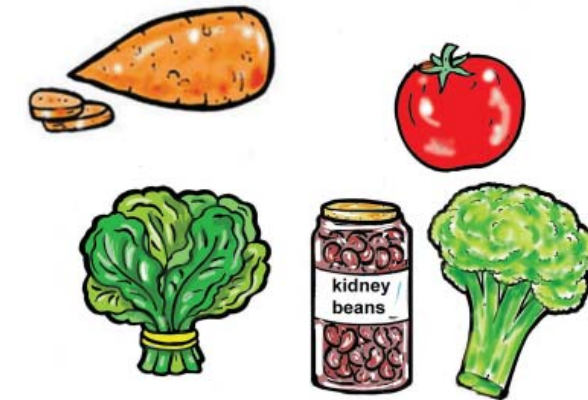
- 1/2 cup of cooked or chopped raw vegetables
- 1 cup of leafy raw vegetables, such as lettuce or spinach
- 1/2 cup vegetable juice
- 1/2 medium potato
- 1/2 cup of beans
- 1 small ear of corn (6-inches long)

(teacher)

Share with participants:

“Many vegetables are a good source of vitamin A, vitamin C, fiber and potassium.”

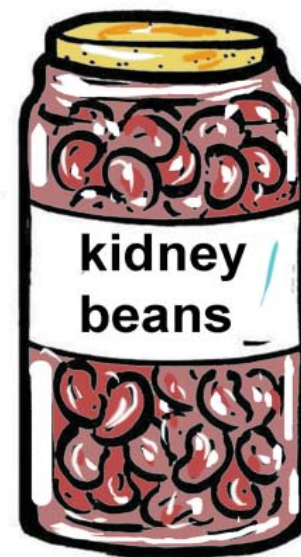
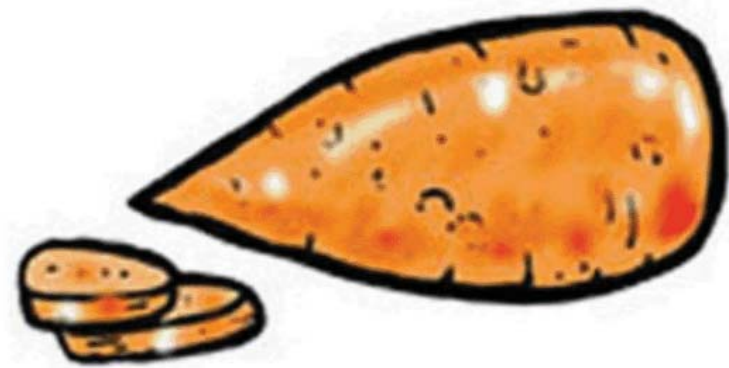
Vitamin A, vitamin C, iron, potassium and fiber are found in many of the vegetables you eat!



Vegetable 9

Vegetable 8

**Vitamin A, vitamin C, iron,
potassium and fiber are found in
many of the vegetables you eat!**





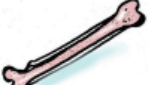



(teacher)

Share with participants:

“Some vegetables have vitamin A. Vitamin A is good for your health.”

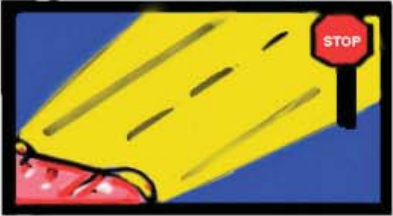

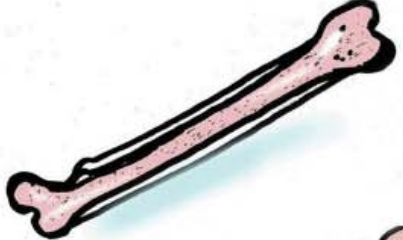



- Vitamin A helps your eyes adjust to low levels of light so you can see in the dark. If you are not getting enough vitamin A you may have a hard time seeing in the dark or at night. This is called “Night blindness”.
- Vitamin A helps with bone growth.
- Vitamin A helps promote growth of healthy cells in our body.
- Vitamin A helps your body fight infections by keeping body tissues healthy.

Vitamin A is good for your health.

| | |
|--|--|
| <p>Helps night vision. Helps eyes to adjust to light.</p>  <p>With Vitamin A</p>  <p>Without Vitamin A</p> | <p>Helps bone growth.</p>  <p>With Vitamin A</p>  <p>Without Vitamin A</p> |
| <p>Helps fight infections.</p>  <p>achoo!</p> | <p>Helps promote growth of healthy cells throughout the body.</p>  |

Vegetable 11

Vitamin A is good for your health.

| | |
|--|---|
| <p>Helps night vision. Helps eyes to adjust to light.</p>  <p>With Vitamin A</p>  <p>Without Vitamin A</p> | <p>Helps bone growth.</p>  <p>With Vitamin A</p>  <p>Without Vitamin A</p> |
| <p>Helps fight infections.</p>  <p>achoo!</p> | <p>Helps promote growth of healthy cells throughout the body.</p>  |

(teacher)

Share with participants:

“Some vegetables are good sources of vitamin A.”

- Let color be your guide to vegetables with vitamin A.
- Choose orange, red and dark green colored vegetables.

Some good sources of vitamin A:

ORANGE colored vegetables

- Carrots
- Sweet potato
- Pumpkin

RED colored vegetables

- Tomato
- Red pepper

**Let color be your guide
when selecting vegetables
that are high in vitamin A.**



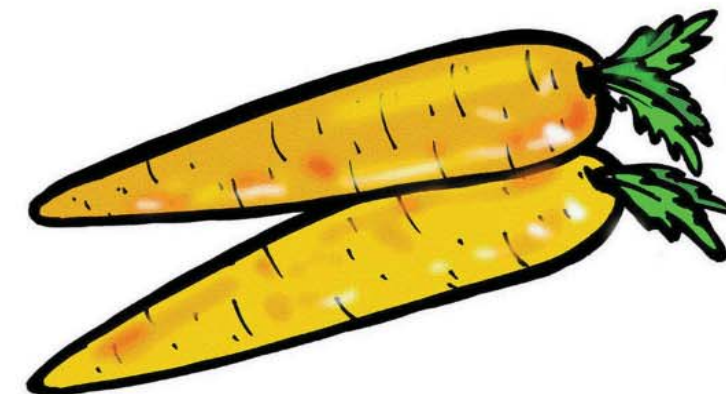
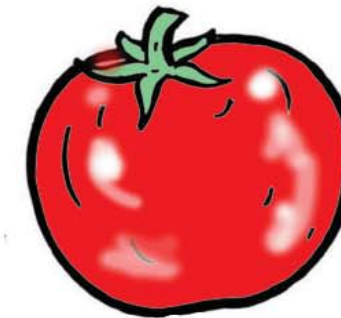
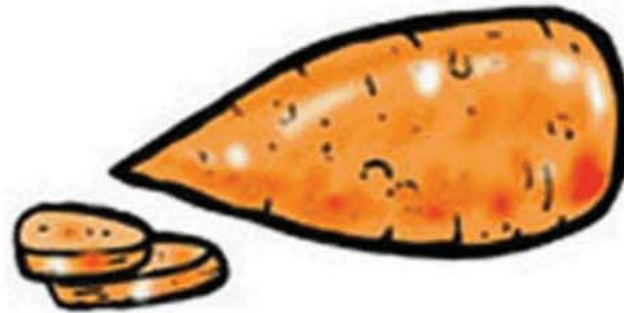
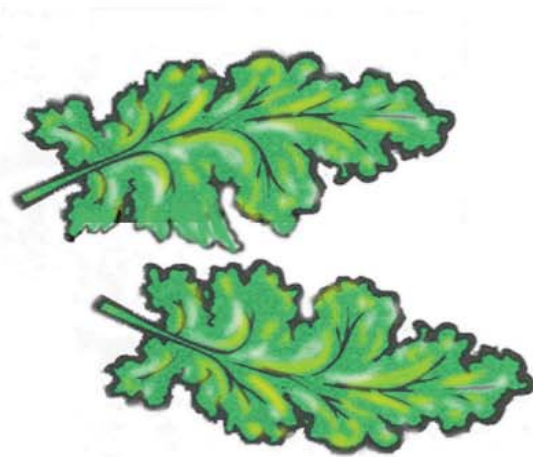
Vegetable 13

DARK GREEN colored vegetables

- Spinach
- Collards
- Turnip greens
- Kale
- Beet and mustard greens
- Green leaf lettuce and romaine

Vegetable 12

**Let color be your guide
when selecting vegetables
that are high in vitamin A.**



(teacher)

Share with participants:

“Vitamin C is good for your health.”

Vitamin C is important for:

- healing cuts.
- building and maintaining the fibers that connect bones and allows joints to move.
- fighting infections.
- maintaining healthy skin, bone, gums and blood vessels.
- helping the body to absorb iron from plant sources of food.

Vitamin C is good for your health.

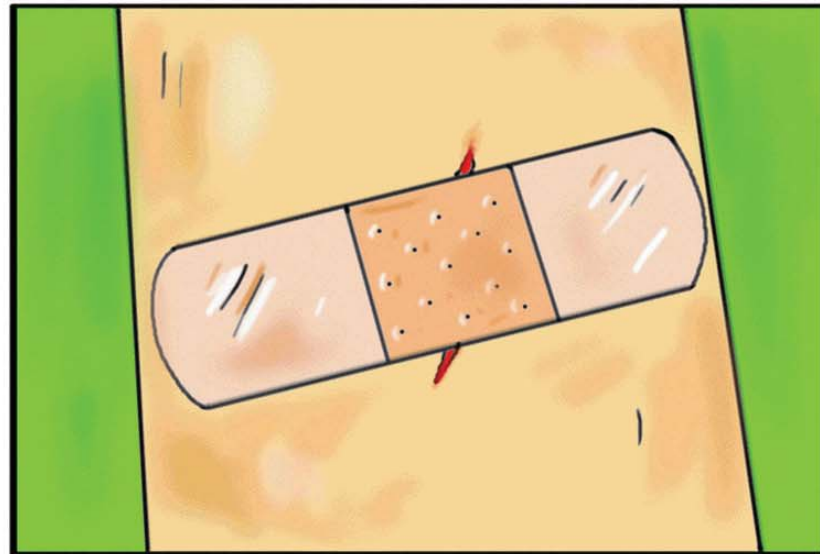


Vegetable 15

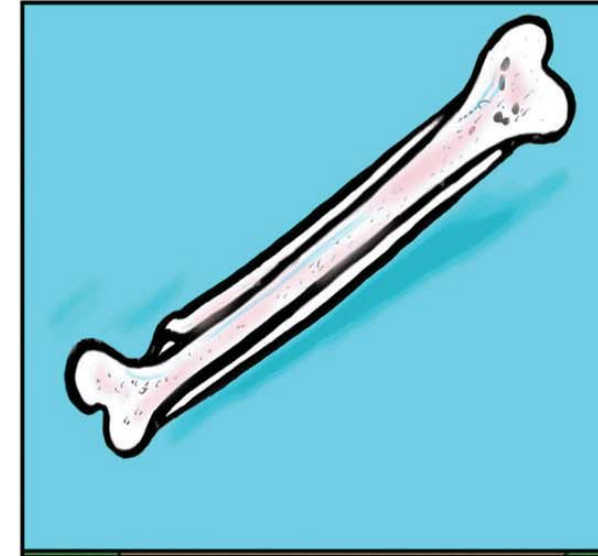
Vegetable 14

Vitamin C is good for your health.

Helps cuts to heal.



Helps build and maintain the fibers that connect bones and allows joints to move.



Helps fight infections.

Helps maintain healthy skin, bones, gums and blood vessels.



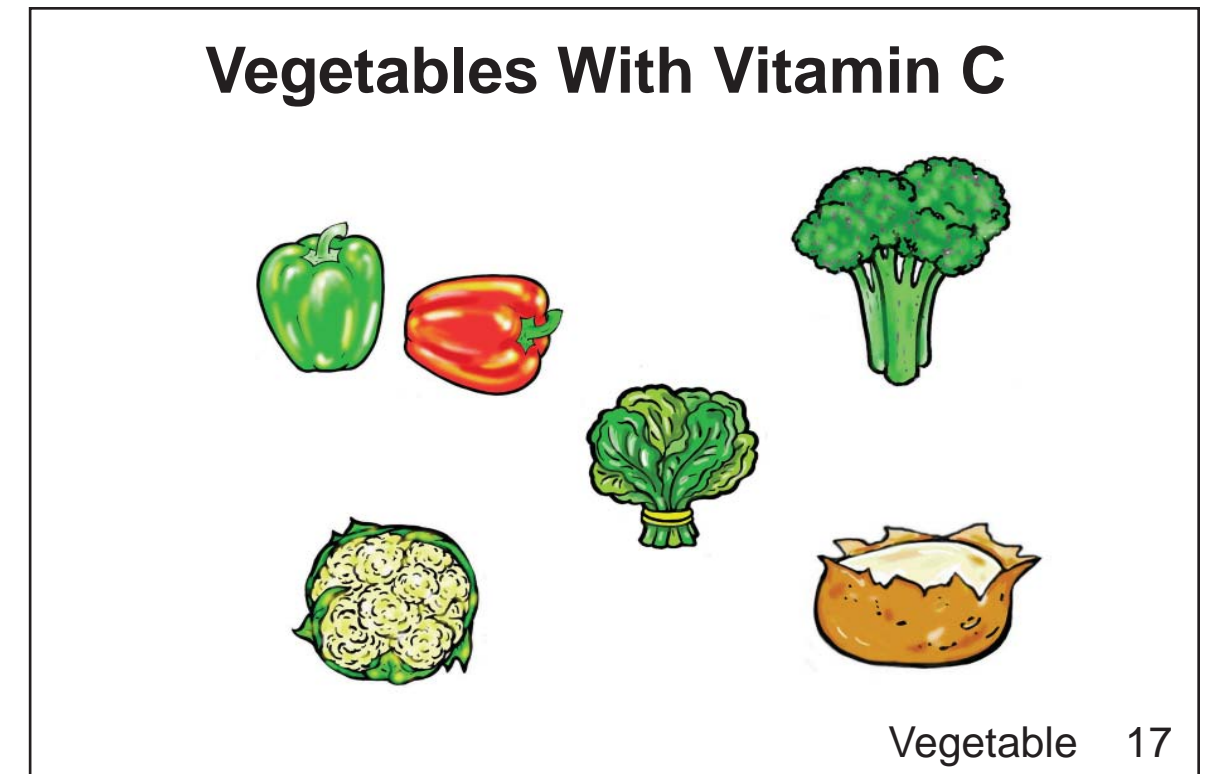
(teacher)

Share with participants:

“Vitamin C is not stored in the body, so you should eat food that has vitamin C every day.”

Some good sources of vitamin C:

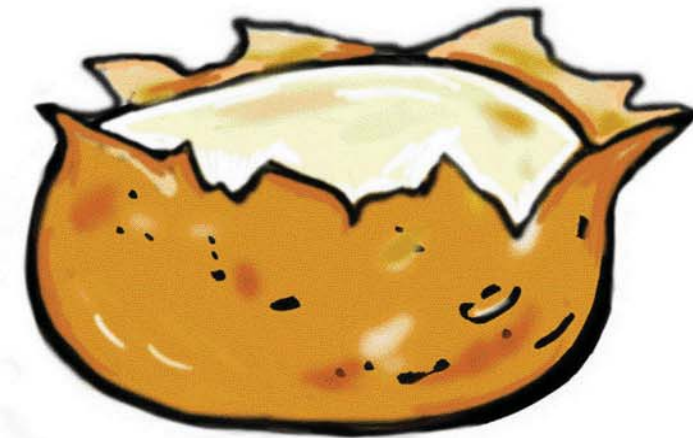
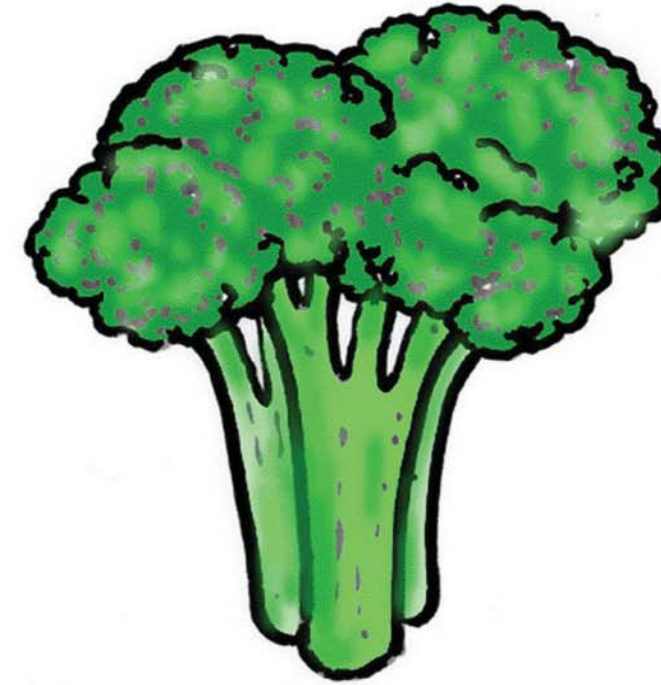
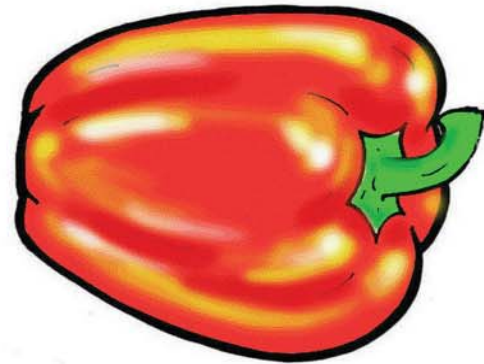
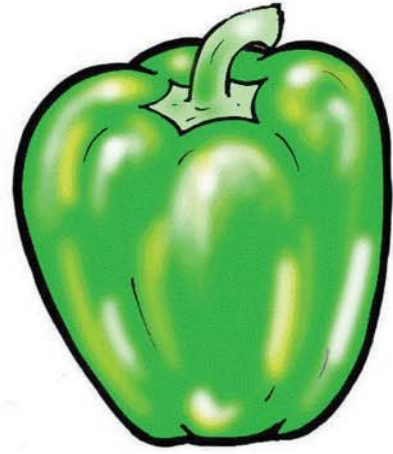
- Sweet peppers
- Cauliflower
- Tomato
- Cabbage
- Brussels sprouts
- Broccoli
- Potato
- Leafy greens – romaine, turnip greens, and spinach



Vitamin C is destroyed by heat so cooked vegetables don't have as much vitamin C as raw vegetables.

Vitamin C is lost in cooking water. When you prepare vegetables, cook only for a short time in a small amount of water or steam them.

Vegetables With Vitamin C



(teacher)

Share with participants:

“Some vegetables are good sources of iron.”

Vegetables that are good sources of iron:

- Lentils
- Kidney beans
- Chickpeas / garbonzo beans
- Cowpeas
- Soybeans
- Navy beans
- Pumpkin seeds
- Spinach
- Tomato puree or paste

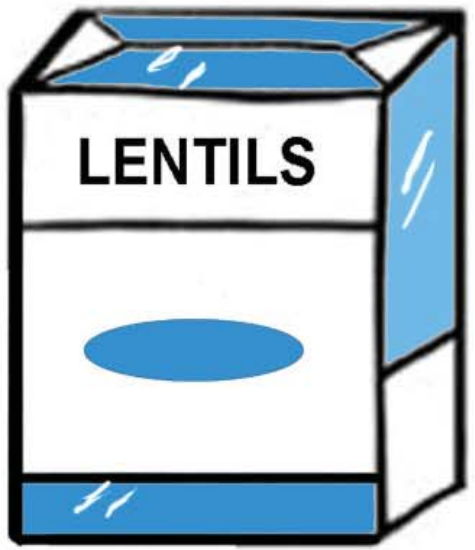
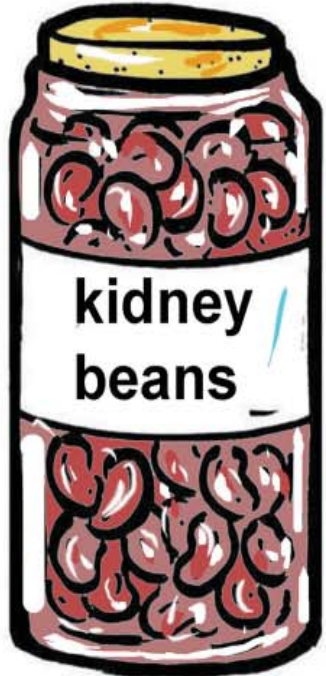
Iron is found in some vegetables.



Vegetable 19

Vegetable 18

Iron is found in some vegetables.



(teacher)

Share with participants:

“Get the most iron from plant foods by serving it with meat or a vitamin C - rich food.”

- Vitamin C helps the body absorb iron from plant foods.
- Meat helps the body absorb iron from plant foods.

Try to think of food combinations that will help absorb the iron from plant foods:

- breakfast cereal and orange juice
- chili with beans and tomato sauce
- peanut butter sandwich and orange juice
- pasta or rice casseroles with hamburger

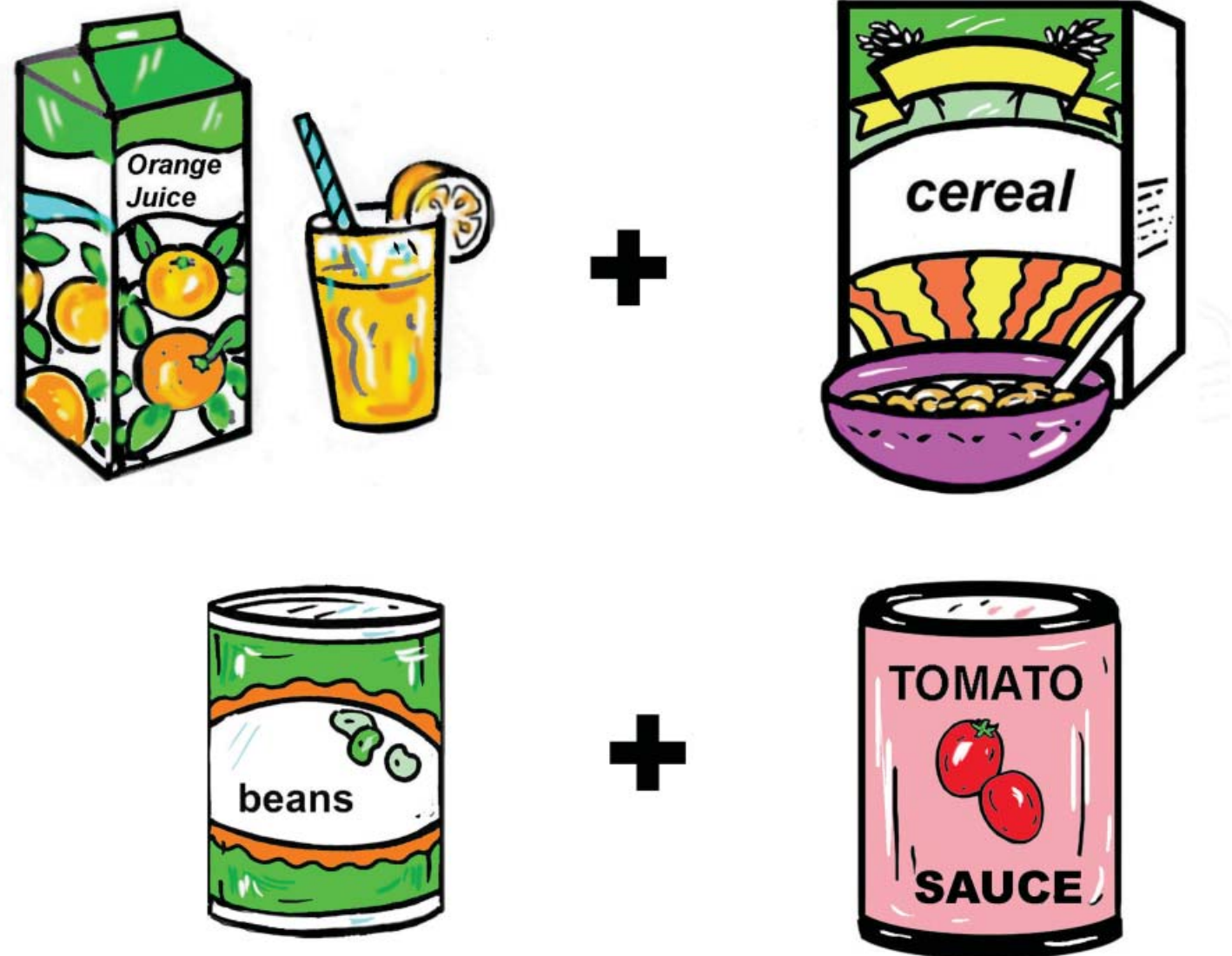
**Get the most Iron from plant foods
by serving It with meat or a
vitamin C-rich food.**



Vegetable 21

Vegetable 20

**Get the most iron from plant foods
by serving it with meat or
a vitamin C-rich food.**



(teacher)

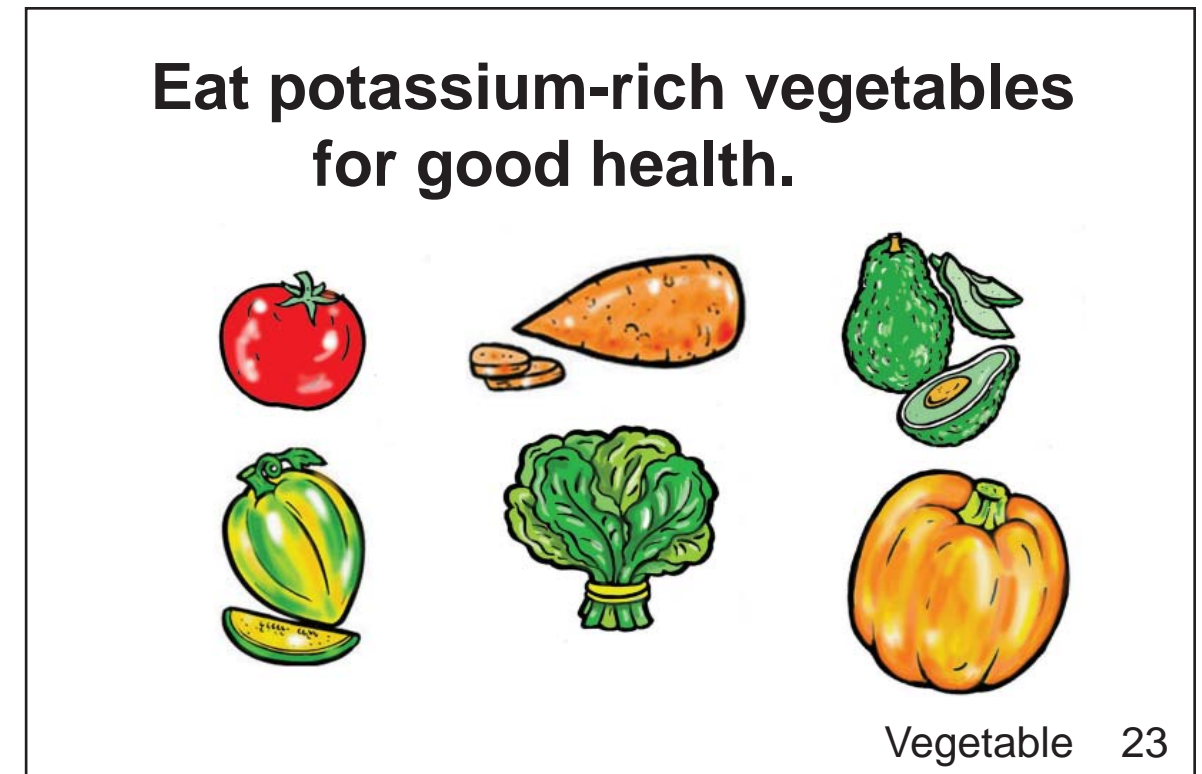
Share with participants:

***“Eat potassium-rich foods for good health.
Vegetables are often a good source of potassium.”***

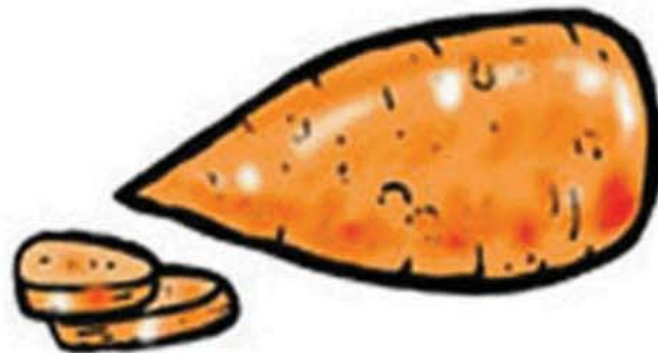
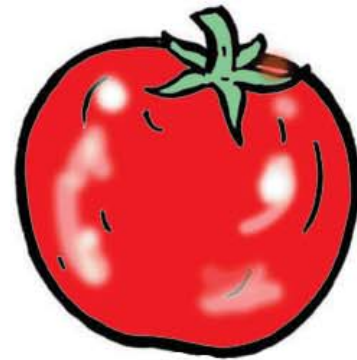
- Potassium may help regulate blood pressure, especially in reducing the effect sodium has on raising blood pressure.

Good vegetable sources of potassium:

- Avocado
- Beet greens
- Swiss chard
- Spinach
- Potato
- Pumpkin
- Winter squash
- Tomato
- Sweet potato
- Cooked dried beans, peas and lentils



Eat potassium-rich vegetables for good health.






(teacher)

Sample question:

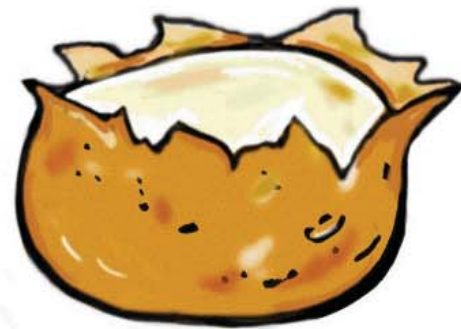
“Why is dietary fiber good for your health?”

Dietary fiber is good for your body.

- Fiber is the part of plant foods your body can't easily digest.
- Fiber is needed for a healthy digestive system.
- Some fibers may lower blood cholesterol.
- Increase the amount of fiber in your diet gradually and drink more water.

| Where is the fiber? | | | |
|---|---------------------|----------------------|--------------|
|  | Baked potato, plain | <u>5 grams fiber</u> | 0 grams fat |
|  | Potato chips | <u>1 gram fiber</u> | 10 grams fat |
|  | French fries | <u>2 grams fiber</u> | 10 grams fat |
| | | | Vegetable 25 |

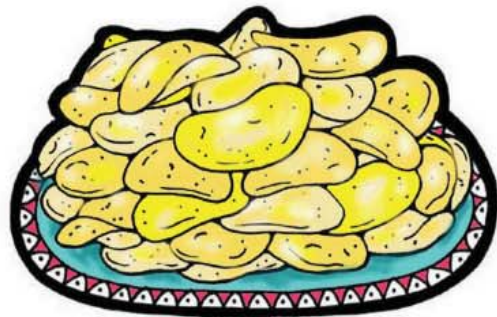
Where is the fiber?



Baked potato, plain

5 grams fiber

0 grams fat



Potato chips

1 gram fiber

10 grams fat



French fries

2 grams fiber

10 grams fat

(teacher)

Sample question:

“How do you buy vegetables; fresh, frozen or canned?”

- No matter how you buy your vegetables; fresh, frozen or canned vegetables are all good for you.
- Fresh vegetables are usually highest in quality when you buy them in season.
- Whether you buy fresh, frozen, or canned vegetables depends on what’s available, the price, what you like, and how you’re going to use it.
- No matter what you buy, eat a variety of vegetables.

Vegetables, fresh, frozen or canned, are good for you.

Fresh



Frozen



Canned

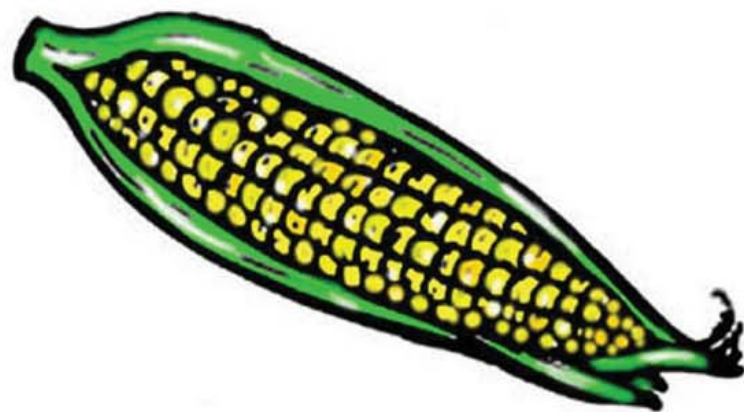


Vegetable 27

Vegetable 26

Vegetables, fresh, frozen or canned, are good for you.

Fresh



Frozen



Canned




(teacher)

Share with participants:

“Some vegetables are available year-round like carrots and potatoes. However, vegetables available during their regular growing season are often cheaper than vegetables you buy out of season.”

Sample question: “Can you add any vegetables to these seasonal lists?”

Buy vegetables in season.



| <u>Winter</u> | <u>Spring</u> | <u>Summer</u> | <u>Fall</u> |
|---------------|---------------|---------------|------------------|
| Carrots | Asparagus | Broccoli | Broccoli |
| Cauliflower | Cabbage | Carrots | Brussels sprouts |
| Mushroom | Carrots | Corn | Cabbage |
| Peas | Lettuce | Greens | Carrots |
| Potato | Mushrooms | Green Beans | Cauliflower |
| Winter Squash | Peas | Lettuce | Eggplant |
| | Potato | Potato | Potato |
| | Summer Squash | Summer Squash | Winter Squash |
| | Tomato | | |

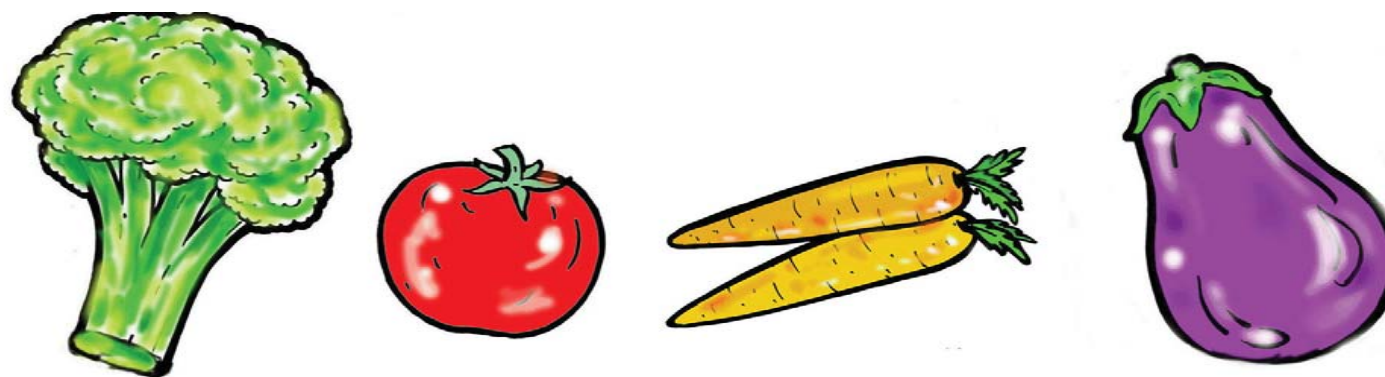
Vegetable 29

| <u>Winter</u> | <u>Spring</u> | <u>Summer</u> | <u>Fall</u> |
|---------------|---------------|---------------|------------------|
| Carrots | Asparagus | Broccoli | Broccoli |
| Cauliflower | Cabbage | Carrots | Brussels sprouts |
| Mushrooms | Carrots | Corn | Cabbage |
| Peas | Lettuce | Greens | Carrots |
| Potato | Mushrooms | Green Beans | Cauliflower |
| Winter Squash | Peas | Lettuce | Eggplant |
| | Potato | Potato | Potato |
| | Summer squash | Summer squash | Winter squash |
| | Tomato | | |

To save money when buying vegetables:

- Select vegetables from local farmers’ markets or stands.
- Buy fresh vegetables in season.
- Compare the cost of canned and frozen vegetables. Canned are usually cheaper.
- Store vegetables properly to avoid waste.
- Select inexpensive vegetables such as cabbage, potatoes, and carrots.

Buy vegetables in season.



| <u>Winter</u> | <u>Spring</u> | <u>Summer</u> | <u>Fall</u> |
|---------------|---------------|---------------|------------------|
| Carrots | Asparagus | Broccoli | Broccoli |
| Cauliflower | Cabbage | Carrots | Brussels sprouts |
| Mushrooms | Carrots | Corn | Cabbage |
| Peas | Lettuce | Greens | Carrots |
| Potato | Mushrooms | Green Beans | Cauliflower |
| Winter Squash | Peas | Lettuce | Eggplant |
| | Potato | Potato | Potato |
| | Summer squash | Summer squash | Winter squash |
| | Tomato | | |

(teacher)

Sample question:

“Why do you think it would be important to rinse fresh vegetables in water before eating, peeling, or cooking them?”

- Fresh vegetables are minimally processed so some dirt or other contaminants may be present on the surface of the vegetable.
- It is important to thoroughly rinse all fresh vegetables in water just before peeling, cooking and/or eating.
- Make sure that the knives and cutting boards used to cut vegetables are also clean.

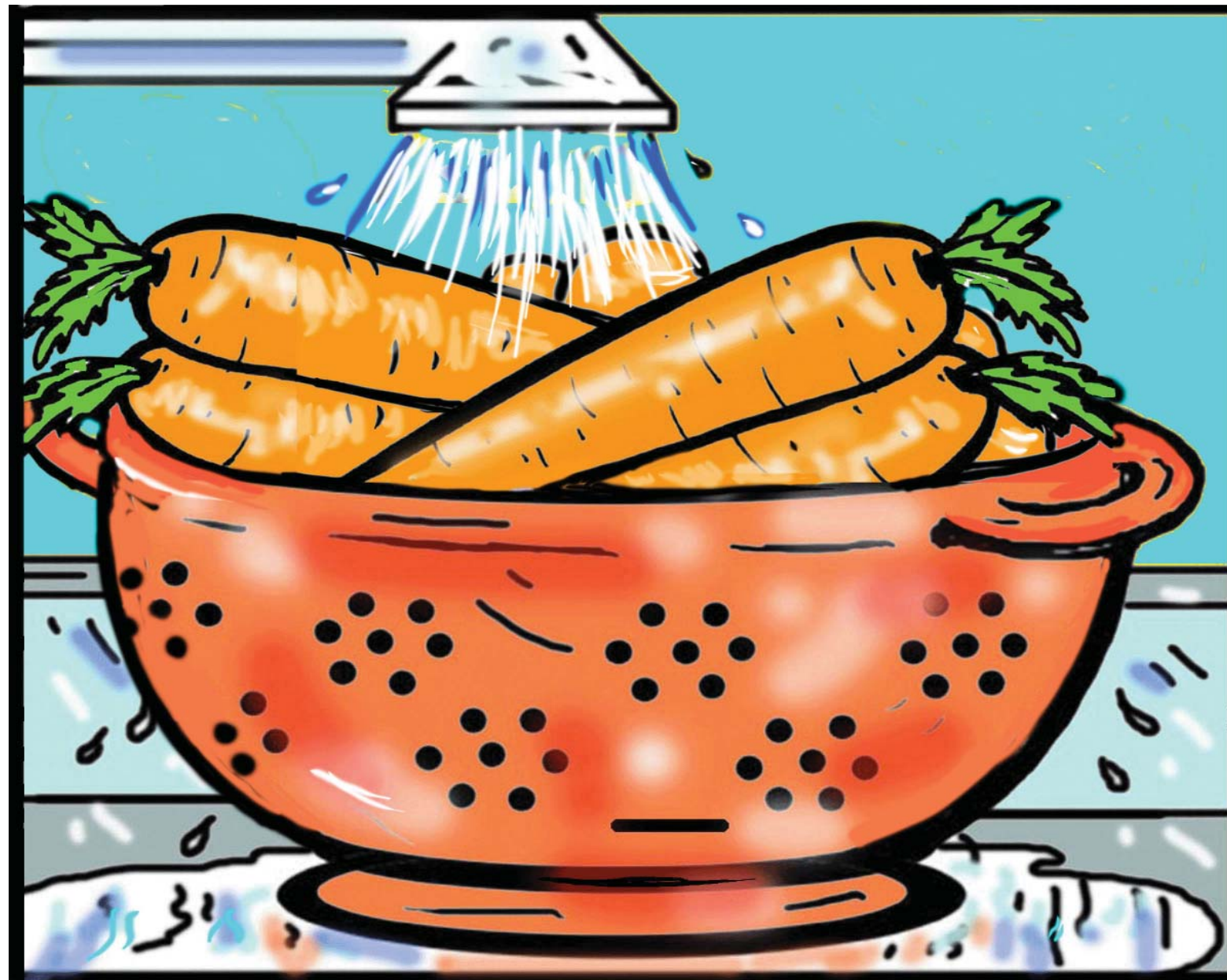
Rinse fresh vegetables in water before peeling, eating or cooking.



Vegetable 31

Vegetable 30

Rinse fresh vegetables in water before peeling, eating or cooking.



(teacher)

Sample question:

“How can you add more vegetables to your meals?”

- Add vegetables to sandwiches, soups, casseroles, sauces and meat loaf.
- Used shredded zucchini or carrots in bread, muffins and other baked good.
- Serve raw vegetables with dip.
- Have ready-to-eat vegetables for snacking.

Add vegetables to your meals.



Vegetable 33

Add vegetables to your meals.

