

Ten ways to add more veggies to your diet.



Tips from
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author of the Veggie Quickflip™

Make a Bee Line – When grocery shopping, head directly to the produce aisle and stock up on vegetables. If you don't buy them, you can't eat them.

Buy Lots of Vegetables – How much is "lots?" Most people need 2-3 cups per day. If there are 3 people in your household, you'll need to buy enough to have 6-9 cups on hand for each day.

Buy a Rainbow – Choose an assortment of deeply colored vegetables such as broccoli, chard, kale, carrots, squash, sweet potatoes, and tomatoes. Colorful produce is rich in phytochemicals which help protect health.

Be a Cut Up – When chopping vegetables for a recipe, chop extra for snacks and the next night's meal while you have the cutting board and knife out.

Ask Yourself a Question – For each meal and snack, ask yourself, "Can I add color here?" For example, add lettuce and tomato to your turkey sandwich or peppers and spinach to your pizza.

Be Adventurous – Try a less familiar vegetable or even one that you used to hate. You may discover what you've been missing, especially if the vegetable is prepared well and nicely seasoned.

Go with the Season – Buying in peak season offers rich flavors, often at a lower cost.

Use Herbs and Spices – Herbs and spices go a long way in adding flavor and variety and complementing the natural flavor of vegetables.

Try a Different Cooking Method – For variety, grill your asparagus, roast your winter squash, or stir-fry the veggies you usually steam.

Use a Map – Have simple and flavorful recipes on hand. A few recipe ideas will save time and encourage you to eat vegetables more often.

More tips and recipes
for quick, healthy meals can be found in the easy-
to-use Quickflip™ guides – Veggie Quickflip and
Quickflip to Delicious Dinners.

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