

# Vegetables

The MOVE!® Healthy Plate teaches us to fill ½ our 9-inch plate with non-starchy vegetables and fruit. Non-starchy vegetables are low in calories, high in vitamins and minerals, and are a great fiber source. The extra fiber helps us feel full, controls hunger, and supports success with weight loss.

Eating vegetables helps reduce risks of:

- Cancer
- Heart disease
- Stroke
- Diabetes

*Aim for 2½ cups of vegetables each day.*

Vegetable type	1 Serving =
Cooked	½ cup cooked
Fresh/raw	1 cup
Dried	¼ cup
100% juice	½ cup





## Simple and delicious ways to increase your daily vegetable intake:

- Cook fresh or frozen vegetables in the microwave for a quick-and-easy side dish.
- Pile a sandwich high with lettuce, tomato, and other vegetables.
- Start meals with a salad that fills  $\frac{1}{2}$  your plate: a mix of dark green varieties of lettuce and colorful vegetables with a small drizzle of low-calorie dressing or balsamic vinegar.
- When you need a snack, be prepared with cherry tomatoes, sweet pepper strips, celery, carrots, or broccoli. Pre-package them to use when time is limited. Many supermarkets also carry small packages of celery or carrot sticks in their produce sections.
- Toss pasta with steamed broccoli, carrots, and other veggies and top with a small amount of Parmesan cheese for pasta primavera. Or add finely chopped veggies such as carrots, onions, zucchini, cooked eggplant, squash, or chopped spinach, in pasta sauce.
- Enjoy a can of veggie or tomato juice for a quick pick-me-up.
- Sip on vegetable soup. Try tomato, butternut squash, or garden vegetable soups. Make it homemade or look for low, reduced, or no-sodium canned or packaged soups.



### Vegetable Selections:

- Eat a variety of different colored vegetables. Each color provides different nutrients so brighten your plate with red, orange, or dark green.
- Choose fresh, frozen, or canned vegetables *without* added salt, butter, or cream sauces.
- Stock up on veggies. Canned and frozen vegetables are quick and easy.
- Some vegetables are “starchy” with more calories; others are mostly water. For weight management, limit your starchy vegetables to one serving per day, and make the remainder of your veggie servings non-starchy.



The following table lists examples of starchy and non-starchy vegetables:

Non-Starchy Vegetables Best for Weight Loss Fill ½ of a 9-inch plate		Starchy Vegetables Limit These Fill ¼ of a 9-inch plate
<ul style="list-style-type: none"> <li>• Asparagus</li> <li>• Broccoli</li> <li>• Brussels sprouts</li> <li>• Cabbage</li> <li>• Cauliflower</li> <li>• Celery</li> <li>• Chicory</li> <li>• Cucumbers</li> <li>• Eggplant</li> <li>• Escarole</li> <li>• Green beans</li> <li>• Lettuce (Romaine, iceberg, Bibb)</li> </ul>	<ul style="list-style-type: none"> <li>• Mushrooms</li> <li>• Okra</li> <li>• Onion</li> <li>• Peppers</li> <li>• Radishes</li> <li>• Spinach</li> <li>• Sprouts</li> <li>• Tomatoes</li> <li>• Turnips</li> <li>• Summer squash (yellow or zucchini)</li> <li>• Greens (such as collard, kale, mustard, and turnip)</li> </ul>	<ul style="list-style-type: none"> <li>• Beets</li> <li>• Cassava (yuca)</li> <li>• Corn</li> <li>• Lima beans</li> <li>• Peas (green, sugar, snow, split)</li> <li>• Plantain</li> <li>• Potatoes</li> <li>• Pumpkin</li> <li>• Rutabaga</li> <li>• Sweet potatoes</li> <li>• Taro</li> <li>• Turnips</li> <li>• Winter squash</li> <li>• Yams</li> </ul>

## What makes vegetables less healthy?

- Boiling vegetables causes some vitamins to escape into the water. To hold on to vitamins, briefly steam, sauté, stir-fry, or microwave instead.
- Overcooking destroys vitamins so try to keep your vegetables a little crispy.
- Using a lot of margarine, butter, or salad dressing adds calories, not nutrients. A small amount of these toppings is okay. But the more you add the more calories you add, too.
- Frozen vegetables that come with cheese sauce or other processed flavoring are generally high in salt and fat. It is healthier to season plain frozen vegetables yourself. Try fresh herbs, garlic, toasted almonds, or sesame seeds.
- Canned vegetables often have added salt. Read the label and look for “no salt added,” “low-sodium,” or “reduced-sodium” varieties.

