



Vegetables

Vegetables are a great source of fiber, vitamins, and minerals!

Eating vegetables helps to reduce your risk of

- cancer
- heart disease
- stroke
- diabetes, and other diseases

Vegetables may also help you control your hunger and weight.

Vegetables are low in calories and have very little fat. Choose fresh, frozen, or canned vegetables with “No Added Salt”.

What is a serving of vegetables?

- ½ cup cooked
- 1 cup raw
- ½ cup 100% juice
- ¼ cup dried

**Try to eat from a rainbow of colors of vegetables.
Each color provides different nutrients.**



Aim for at least 5 servings of vegetables and/or fruit each day!

