

Tips for Eating More Veggies

Half your plate at lunch and dinner should be vegetables.

Try these tips to make it easier to eat more veggies!

Check the freezer aisle

Plain frozen veggies are healthy, affordable, and easy to use.

Sip vegetable soup

There are many good veggie soups. Choose low-sodium and low fat.

Stock up on veggies

Stock up on frozen or low-sodium canned veggies so you can easily add them to any meal.

While you're out

Ask for a side salad or extra veggies instead of fries or other unhealthy side dishes.

Fast cooking

Steam broccoli, cauliflower, green beans, or carrots in a small amount of water in the microwave.

Prepare in advance

Cut up a bunch of peppers, carrots, or broccoli and store in the fridge. You can easily eat them for a snack, too.

Choose veggies rich in color

Veggies that are red, orange, or dark green are best for you.