

Facts Page

Let these facts about vegetables help enhance your lesson.

Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables can be eaten raw, cooked, frozen, canned, dried or dehydrated.

Make half your plate fruits and vegetables. Choose a variety of colors and forms each day. Eat 1½ cups of vegetables each day.

Vegetables help reduce the risk of many diseases like heart disease, stroke, type 2 diabetes and cancer. Eating vegetables can help prevent obesity.

Vegetables give your body potassium and fiber. Fiber helps to reduce cholesterol and helps keep you full longer, with fewer calories. Potassium helps muscles, including your heart, do their work.

Vegetables give your body important vitamins like folate, Vitamin A and Vitamin C. Folate makes red blood cells for your body. Vitamin A keeps your eyes and skin healthy and helps protect your body against infections. Vitamin C helps to heal cuts and keeps your teeth and gums healthy.

Enjoying vegetables is easy! Eat vegetables that are in season for the best taste and the lowest cost.

Pack on-the-go veggies for tasty snacks. Carrot sticks, grape tomatoes and celery sticks make easy to take snacks.

Children are great vegetable shoppers! Encourage children to choose a vegetable they want to try or eat with a meal this week. Children are more likely to eat vegetables that they choose or help prepare.

Beans and peas are unique vegetables. They give your body protein and fiber, plus many vitamins too. Encourage children to try some kidney beans, lima beans, black eyed peas, lentils or garbanzo beans. Many popular dips such as refried beans and hummus are made with beans or peas.



Visit these websites to learn more about vegetables or to find additional vegetable resources:

www.choosemyplate.gov – Learn about the nutrients vegetables offer and the different types of vegetables that can be eaten.

<http://teamnutrition.usda.gov> – This site features games and activities focused on vegetables and fruit. Recipes can also be found here.

www.foodchamps.org – Young children will enjoy playing games and online activities while learning more about fruits and vegetables.

www.fruitsandveggiesmorematters.org – Learn about vegetables benefits and tips.