

# 10 tips to help you eat more veggies

Vegetables are low in calories and full of vitamins and minerals. To fit more vegetables in your meals, follow these simple tips.

## Savor the season

Buy veggies that are in season for maximum flavor at a lower cost. Check your supermarket specials for the best buys.



## Make your salad glow with color

Brighten your salad by adding colorful veggies such as beans, cabbage, carrots, or radishes. Your salad will look good and taste good too.



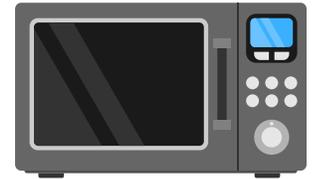
## Check the freezer aisle

Frozen veggies are quick and easy to use and are just as nutritious as fresh veggies. Add frozen veggies to some of your favorite dishes or eat as a side dish.



## Save time with the microwave

Cook fresh or frozen veggies in the microwave for a quick-and-easy dish to add to any meal. Steam your veggies in a bowl with a small amount of water in the microwave for a quick side dish.



## Stock up

Keep canned veggies on hand to add to any meal. Choose “reduced sodium,” “low sodium,” or “no salt added.”



## Sip on soup

Try tomato, squash, or garden veggies soup. Look for reduced- or low-sodium soups. Just heat and eat!



## Chop ahead of time

Cut up a batch of carrots or broccoli and keep them in your fridge. Enjoy them in a wrap or salad, and dip them in salsa or hummus.



## Skip the fries

When you're eating out, order for an extra side of veggies or a side salad instead of fried foods.



## Choose vegetables rich in color

Brighten your plate with red, orange, and green veggies. Get creative and have multiple colors at each meal.



## Try something new

Add a new veggie to a favorite recipe. You never know what you might like.

