

Easy Ways to Veggie-Up Your Life

There's a reason why we were always told to eat our vegetables.

It's the best way to get the vitamins and minerals that our bodies need. And you'll find most are low in calories. Fresh, frozen, canned, and juiced all count. So eat up! Here are some simple ways to add more to your day.

Ready-To-Go Greens, Reds, and More

Chop bell peppers, carrots, and broccoli and package up. In a flash, you'll have veg to enjoy with dip, tossed in salads, or on their own.

Make It Quick

Add fresh vegetables to any meal in no time. Toss green beans or broccoli into a bowl with water for a quick steam in the microwave.

Soup's On!

It's a delicious way to get your vegetables! Look for reduced or low-sodium ones at the grocery. Or try making your own unique one like Watermelon Citrus soup.

Frozen Fast Food

Keep vegetables from the freezer aisle on hand. In less than ten minutes, you can have beans, peas, spinach, and corn to enjoy as a side dish or mixed in with your main course.

Think Rainbow Bright

Select lots of different colored vegetables. Choose red, orange, yellow, and dark green. Add turnip greens, sweet potatoes, and juicy red watermelon to your diet.

Off-the-Shelf Veggies

Look for low, reduced sodium, or no salt added canned veggies. Keep high-protein kidney beans, peas, and garbanzo beans at the ready.

Color Your Salad

Remember, we feast with our eyes first. Add radishes, red cabbage, and sugar snap peas for a brighter, salad. Think out of the box – assemble a Sweet and Sour Watermelon and Cucumber Salad.

On the Side

Don't skip your veggies when dining out. If there's none or not enough with your main course, order some on the side.

Be Adventurous

Leave your vegetable comfort zone. Taste one you've never had before! Or use one in a new way. Try Crabcakes and Watermelon. Yum!

Little Changes for a Healthier, Happier You!

- Savor every bite. Eat less.
- Avoid super-sized portions.
- Fill half your plate with vegetables and fruit.
- Add whole grains and fiber to your diet.
- Select low sodium foods.
- Try low-fat (1%) or fat-free milk.
- Drink water instead of soda.



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* For detailed recipes, visit
www.watermelon.org

