



# VARY YOUR VEGGIES!



Did you know that vegetables are organized into sub-groups based on their nutrient content and that MyPlate recommends eating from each vegetable sub-group throughout the week?

## THE FIVE VEGETABLE SUB-GROUPS

### DARK-GREEN VEGETABLES

*broccoli, collard greens,  
kale, spinach*

### RED AND ORANGE VEGETABLES

*carrots, sweet potatoes,  
tomatoes*

### STARCHY VEGETABLES

*corn, potatoes,  
green peas*

### BEANS AND PEAS

*black eyed peas, lima  
beans, pinto beans*

### OTHER VEGETABLES

*green beans, cauliflower, cucumber, zucchini*

EAT BETTER. LIVE BETTER.

## HELPFUL TIPS

Here are a few tips to help you meet the MyPlate recommendation and give your body a variety of vegetables (and nutrients) every week.

- Buy fresh vegetables in season to have a variety throughout the year.
- Stock up your freezer with frozen vegetables for quick and easy cooking in the microwave.
- Allow children to pick a new vegetable to try while grocery shopping.
- Cut-up fresh vegetables and pack them in kids' lunch boxes or use them for afternoon snacks.
- Have a salad as a main item for lunch more often (go easy on the salad dressing!)

LIVE BETTER

HEALTHIER. STRONGER. TOGETHER.