

Vegetables are Good for Your Health

Our health will be better if we eat several kinds of vegetables every day.



Eat 2 ½ Cups of Vegetables Every Day.* Different kinds of vegetables have different amounts of vitamins, minerals, nutrients, and fiber that are important for the health of children and adults. Eat red, deep yellow, dark green and other vegetables.

Add Vegetables to Rice and Pasta.

Prepare rice with carrots, tomatoes, peas, broccoli, corn and other vegetables. Rice and pasta dishes prepared with vegetables are very nutritious for the family. Avoid frying the rice and pasta before preparing them.

Add More Vegetables to Soups, Broths, and Stews.

Vegetables make soups, broths, and stews more nutritious. Add carrots, spinach, broccoli, cabbage, squashes, corn, and other vegetables. Fix health salads with vegetables.

Prepare Meats and Eggs with Vegetables.

Add vegetables to meat and egg dishes. Beef, pork, poultry and fish are more nutritious if prepared with vegetables. Use bell pepper, chili, tomatoes, onions, and other vegetables. A steak prepared with vegetables is more nutritious than fried or broiled.

Vegetables add variety to your meals. And you can prepare them in many different ways.

*Based on a 2,000-calorie diet. To find the amount that's right for you, go to MyPyramid.gov.