

**Q.** How can I add more vegetables to my diet?

**A.** You mean without eating handfuls of broccoli and spinach, right?

If you're looking for ways to add more vegetables to your diet, you're headed in the right direction. Why?

**Most adults don't eat enough vegetables.** In fact, in a recent study, researchers found that only 10 percent of adults eat the minimum amount of vegetables recommended per day.<sup>1</sup>

• **Eat this much.** The *2020–2025 Dietary Guidelines for Americans* recommends adults eat 2 to 3 cups of vegetables per day.<sup>2</sup>

### Veggie power: 7 health benefits of vegetables

Did you know vegetables are rich in key nutrients, low in calories, and high in fiber? Eating vegetables is one of the best things you can do to improve your health. Research shows that eating more vegetables can help:<sup>3</sup>

- Lower blood pressure
- Support weight management
- Improve digestion
- Control blood sugar levels + prevent/manage diabetes
- Reduce the risk for heart disease and stroke
- Help prevent certain types of cancer
- Control appetite

### Eat more vegetables: 6 ways to munch more

If you haven't been eating enough vegetables, you're



not alone. Only 1 in 10 adults eat enough fruits and vegetables. But it doesn't have to be that way.

Here are some easy ways to add more vegetables to your diet:

- **The Smooth Move.** Make a smoothie with vegetables and fruit. With just a few ingredients, you can use a high-powered blender to make a healthy smoothie. Try smoothie recipes with fruit and vegetables like carrots, spinach, cucumber, kale, or cauliflower.
- **The Dip Delight.** Try fresh vegetables served with a light salad dressing or fat-free dip. Stack a plate with raw broccoli, cauliflower, carrots, and snap peas, and enjoy these vegetables at snack time or while you're preparing a meal. They are much better for you than snacking on junk food or sweet treats.
- **The Soup Secret.** Add vegetables to your favorite low-sodium soup. If you're making your own vegetable soup, it's probably in good shape. But canned soups could benefit from more fresh veggies. Add some freshly chopped carrots, leeks, or green beans. Frozen vegetables work nicely too.
- **The Hiding Place.** Spaghetti sauce is the perfect "hiding place" for vegetables. Chop up zucchini,

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onions, eggplant, broccoli, cauliflower, and mushrooms, and add them to your pasta sauce. Puree the sauce if you have to. The smaller you chop them, the less likely you'll even notice they've been added to the sauce!

- **That's a Wrap.** Burritos and quesadillas are even tastier with added vegetables. Cook some eggs. Toss in tomatoes, spinach, mushrooms, red onion, and asparagus. Then wrap it up in a tortilla. Or go sans tortilla and make an omelet pack with veggies.
- **The Griller.** Grill vegetables to serve with your meal. Brush your favorite vegetables with olive oil, light Italian dressing, or your own marinade, and cook them on the grill. Try portobello mushrooms, zucchini, yellow squash, eggplant, cauliflower, or asparagus spears. Or use skewers to create veggie kabobs.

Hungry to get healthier?  
Eat more vegetables

### References

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