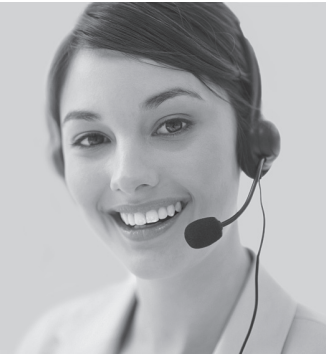


“It was great to talk with you.

Thank you for your interest in ‘ways to eat more vegetables.’ I hope you find this tip sheet helpful.

Please give me a call if you have more questions about this or other topics.

As your health coach, I’m ready to help in any way I can.”



Vegetables are high in fiber and low in calories, provided they are not fried. They are rich in vitamins, minerals, and other nutrients.

Eating more veggies can help you lower your risk for cancer, type 2 diabetes, and heart disease. The water and fiber in vegetables contain no calories but are filling.

Eating more vegetables can help you reach and stay at a healthy weight, too.

Choose a variety of vegetables in bright colors. The colors are a clue to important nutrients in the vegetables. Include dark green, red, and orange vegetables often.

Canned and frozen vegetables can be nutritious and affordable choices, especially when fresh vegetables are not in season. To limit sodium and unhealthy fat, choose canned or frozen veggies with no salt, cheese, cream, or sauces added.

At every meal, make about a quarter of your plate vegetables. Experts recommend that most adults eat 2 to 3 cups of vegetables per day.

Veggies will taste better and better as you get used to eating them. It is easy to add veggies to your meals and snacks. Check the ideas below that you would like to try.

Breakfast

- Add onions, bell peppers, and/or mushrooms to an omelet.
- Enjoy a glass of low-sodium tomato juice or other vegetable juice.



A healthier life is on the line for you!

CMN11-1117-5
UPMC _11_617

(continued on next page)

UPMC HEALTH PLAN

Lunch

- When you eat out for lunch, order broth-based vegetable soup and/or a salad with a lot of colorful vegetables.
- Make veggie soup on the weekend. Pack it in single-serving containers for lunch.
- Add sliced or shredded veggies to sandwiches.
- Fill small plastic bags with cut-up raw veggies. Keep them in the front of your refrigerator where they are easy to see and quick to grab for lunch.
- Toss lightly steamed veggies with a little salad dressing. Refrigerate overnight to enjoy for lunch the next day.
- Enjoy leftover veggies from dinner.

Dinner

- Enjoy a large, colorful salad with many kinds of raw veggies.
- Add a handful of fresh or frozen vegetables to soup or pasta sauce.
- Add shredded carrots, sliced bell peppers, or chopped spinach to your meatloaf or lasagna recipe.
- Add frozen veggies to the water when you cook pasta.
- In soups and stews, double the veggies and reduce the amount of meat.
- Top pizza with plenty of vegetables, such as mushrooms, green peppers, tomatoes, and/or onions.

Eating Out

- Avoid fried vegetable appetizers, such as onion rings or fried zucchini. Instead, start your meal with broth-based veggie soup or a colorful salad.
- Ask for extra lettuce and tomato on sandwiches.
- Order a baked potato with salsa instead of french fries.
- Develop a habit of ordering two sides of veggies with your meal.

Snacks

- Keep cut-up raw veggies in plastic zip bags in your fridge. They will be easy to grab for snacks.
- Dip raw veggies in light ranch dressing or mix plain yogurt with a little mustard and honey for dipping.



A healthier life is on the line for you!

(continued on next page)

UPMC HEALTH PLAN

Take Action

Check when completed	
<p>My SMART Goal for This Week Do your best to reach the SMART* goal you set with your health coach. Write it below. Check the box when you have completed it.</p> <p>_____</p> <p>_____</p>	<input type="checkbox"/>
<p>Staying on the Path to Wellness When you are ready, use this tip sheet to choose two ways to eat more vegetables. Set a weekly SMART goal for each one. Write your goals below. Check the boxes when you have completed them.</p> <p>• SMART goal 1: _____</p> <p>_____</p> <p>SMART goal 2: _____</p> <p>_____</p>	<input type="checkbox"/> <input type="checkbox"/>

*SMART goals are Specific, Measurable, Appropriate, Realistic, and Timely. For example, “On Saturday, I’ll buy carrots, celery, and red bell peppers. I’ll cut them up, put them into small plastic bags in the fridge, and pack a bag of them for lunch on Monday and Tuesday.”

SMART goals help you succeed! If you have any trouble setting your weekly SMART goals, ask your health coach for help.

The information in this tip sheet is for educational purposes only. It is not intended or implied to be a substitute for professional medical advice. Before making changes, always talk to your doctor about what is right for you.

Source: All about the vegetable group. Choose MyPlate. Available at www.choosemyplate.gov/vegetables. Accessed January 31, 2018.



A healthier life is on the line for you!

UPMC HEALTH PLAN