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no. 348-975
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Virginia Cooperative Extension

2000



EFNEP/SCNEP
Youth Programs
PUBLICATION 348-975

*18 U.S.C. 707

Healthy Families for the Future

Eating Your Vegetables

By Kathleen M. Stadler and Joan C. Elledge*

Today, your child learned about selecting, preparing, and eating a variety of vegetables. He or she attended a Smart Choice Nutrition Education Program. A Program Assistant taught this educational program. This youth program is sponsored by Virginia Cooperative Extension.

The "Healthy Families for the Future" newsletter series is designed to encourage your family to positively focus on daily health habits that promote health.

Eat a Variety of Fruits, Vegetables, and Whole-Grain Foods

Eat 2 Servings of Calcium rich foods

Be Physically Active

Handle Food Safely

Your challenge is to help your family eat at least 3 servings of vegetables each day by:

- Choosing high fiber vegetables
- Serving a variety of colorful vegetables
- Purchasing fresh, canned, dried, and frozen vegetables
- Selecting 100% vegetable juices

Eating a variety of colorful vegetables can positively affect your family's health. Vegetables are great sources of vitamins A and C, and fiber. Vegetables are nature's fast food and can be eaten anytime. The Food Guide Pyramid shows that we should eat at least three servings of vegetables every day. The National Cancer Institute developed the "5 A Day" program to encourage Americans to eat at least five servings of fruits and vegetables each day.

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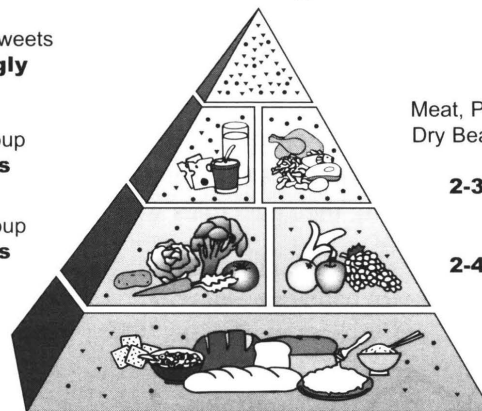
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Food Guide Pyramid

Fats, Oils & Sweets
Use Sparingly

Milk, Yogurt & Cheese Group
2-3 Servings

Vegetable Group
3-5 Servings



Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2-3 Servings

Fruit Group
2-4 Servings

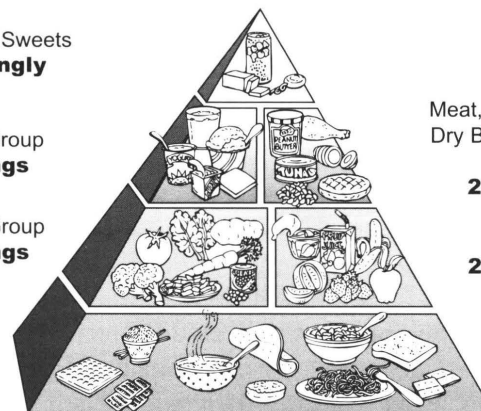
Bread, Cereal, Rice & Pasta Group
6-11 Servings

Food Guide Pyramid for Young Children

Fats, Oils & Sweets
Use Sparingly

Milk, Yogurt & Cheese Group
2-3 Servings

Vegetable Group
3-5 Servings



Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2-3 Servings

Fruit Group
2-4 Servings

Bread, Cereal, Rice & Pasta Group
6-11 Servings

Vegetables:

- Provide vitamins, minerals, and fiber
- Help the body resist infections
- Add bright colors and textures
- Aid the digestive system
- Control appetite with few calories
- Help clean teeth - called "nature's toothbrush"



"I give you good eyesight especially at night. I also give you healthy skin and prevent infections. I am found in dark green and bright orange and red vegetables. Eat at least one vitamin A rich vegetable every day!"



Dark green, yellow, orange or red colored vegetables are great sources of vitamin A.

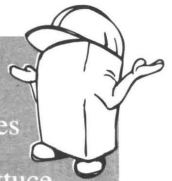
Circle your favorite vitamin A vegetables. Can you name other bright colored vegetables with vitamin A?



"I soak up moisture like a sponge to move food through your digestive system. I am found in the chewy parts of the plants. Eat the skins and membranes of veggies. Eat one high fiber vegetable every day."

What is a serving size?

- 1/2 cup of cooked or chopped vegetables
- 1 cup leafy green vegetables such as lettuce
- 3/4 cup (6 oz.) of 100% vegetable juice



Find the Fiber in the Plants.

Fiber is in the chewy parts of the plants. Vegetable plants have seeds, stems, roots, leaves, flowers, and fruits. Draw a line connecting the vegetables with the part of the plant that you eat. Answers on page 4.

Flower

Leaves

Fruit

Stem

Seeds

Root



Buy More Vegetables

Vegetables are rich in many nutrients. Buy a mix of fresh, canned, frozen, and dried vegetables. It is easy to add vegetables to your diet. You can add vegetables to omelets, salads, stews, soups, casseroles, or eat them as a snack. Circle your favorite vegetables. Foods listed in bold print below are higher in fiber. **Eat one high fiber vegetable every day!**

Asparagus, Bean Sprouts, Beets, Bell Peppers, **Broccoli**, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, **Corn**, Cucumbers, **Dried Beans and Peas**, Eggplant, Greens, Green Beans, Lettuce, Mushrooms, Okra, Onions, **Peas**, **Potatoes with skins**, Pumpkin, Spinach, **Soybeans**, **Sweet Potatoes**, Tomato, Turnip, **Winter Squash**, and Zucchini.

Now it's your turn to add vegetables to your diet. Think of a way to add vegetables to your breakfast, lunch, dinner, and snack.

Breakfast _____ Lunch _____ Dinner _____ Snack _____



"I heal cuts & wounds, resist infections, & absorb iron in foods. Vegetables are good sources of vitamin C. Green leafy vegetables (such as spinach, kale, collard greens, and turnip greens), asparagus, broccoli, cabbage, cauliflower, and green bell peppers are all very rich in vitamin C. You should eat at least one vitamin C rich vegetable every day!"

Think about how you and your family can easily eat three vegetables in a day. The easiest way is to buy a variety of fresh, canned, frozen, or dried vegetables that can be eaten without much preparation. Wash all fresh vegetables and put them in a bowl on the table or in a clear bag in the refrigerator so that they can be seen. Veggies will be eaten if they can be seen—as you walk by them on your way to work, play, after school, watching TV or waiting for dinner to be prepared.

Cook Vegetables the Right Way:

- In a small amount of water
 - ▲ For a short time
 - ▲ At a low temperature
 - ▲ With only a little salt or fat
 - ▲ Add herbs, spices, or lemon juice for extra flavor!

Cut Costs By Checking:

- **Year-Round Vegetables:** Broccoli, Cabbage, Carrots, Celery, Lettuce, Onions, Potatoes, Spinach, & Sweet Potatoes
- **Seasonal Vegetables:**
 - Spring:** Beets, Green Onions, Peas, & Radishes
 - Summer:** Corn, Cucumbers, Peppers, & Tomatoes
 - Fall:** Cauliflower, Winter Squashes, & Pumpkin
 - Winter:** Brussels Sprouts, Greens, Parsnips, & Turnips
- Sales, Coupons, & Store Specials
- Farmer's Market

Building a Pyramid Burrito

INGREDIENTS

- | | | |
|----------------------------|-------------------------------------|--|
| 1/2 cup shredded carrots * | 2 green onions, thinly sliced | 1/4 cup nonfat ranch salad dressing |
| 1/2 cup chopped broccoli | 1 cup canned pinto beans (drained)* | 4 ounces shredded low-fat cheddar cheese |
| 1/2 cup chopped tomato | 4 (7-inch) tortillas* | |

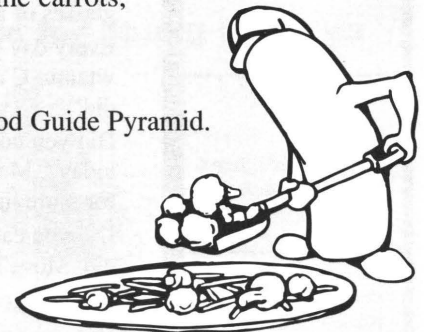
*Substitute: favorite bread, beans, & seasonal vegetables

DIRECTIONS

Wash and scrub vegetables under cold running water. In a mixing bowl, combine carrots, broccoli, cauliflower, onions, and dressing. Drained canned pinto beans. Mash the pinto beans on a plate with a fork until it is rather smooth like dip.

Now build your burrito pyramid by choosing food from all food groups in the Food Guide Pyramid.

1. Lay tortillas flat on a plate. (Grains Group)
2. Spread the bean dip on the tortillas (Meat & Dried Bean Group)
3. Add vegetable mixture (Vegetable Group)
4. Add cheese (Dairy Group)



Wrap each tortilla around the vegetable mixture. Remember to fold the bottom in before rolling up the sides. This prevents food from falling out the bottom. Ready to eat or heat in the microwave for 30 seconds for each tortilla.

5. Drink a glass of 100% orange or apple juice (Fruit Group) to complete your pyramid meal!

Yields: 4 servings



One Serving has 275 Calories, 3 g Dietary Fiber, 15 g Protein, 36 g Carbohydrates, 8 g Fat, 457 RE Vitamin A, 20 mg Vitamin C, 3 mg Iron, 278 mg Calcium, 717 mg Sodium

Activity: You get many health benefits from eating a variety of colorful vegetables. Circle the number of different colors of vegetables in the burrito? 1 2 3 4 5

Table Talk Challenge

Game Rules:

1. 2-3 players.
2. The youngest person takes the first turn.
3. Select a dried bean, uncooked macaroni, or a nut as a game piece for each player.
4. Use the list of questions letting the child answer, then the adult.
5. Follow instructions written on the game board.
6. The first player to reach or get the closest to the "Healthy Family" square is the winner.

					
	<p>Game moves:</p> <p>Did you eat a vegetable for a snack today? If yes, move 1 space.</p> <p>Did you read food labels for fiber or general nutrition information today? If yes, move 2 spaces.</p> <p>Vegetables are sold in several different forms—fresh, canned, frozen or freeze dried. Name the forms that you like the most. Move 1 space for each form eaten.</p> <p>Every day you should try and eat at least one vitamin A rich vegetable. Name all the vitamin A rich vegetables (bright orange, red, or dark green colors) that you ate today. (See list on page 2) Move 2 spaces for each vitamin A rich vegetable that you ate today.</p> <p>Did you eat at least 3 different vegetables today? Move 2 spaces, if you did.</p> <p>Before eating or preparing fresh, raw vegetables, wash them. Did you wash all your fresh veggies today? Move 1 space, if you did. Move backwards 1 space if you did not.</p> <p>Every day you should eat one high fiber vegetable. Did you eat a high fiber vegetable today? (See list on page 2) Move 3 spaces, if you did!</p> <p>Did you drink 6-8 glasses of water today? Move 1 space if you drank 4 glasses or move 2 spaces if you drank more than 4 glasses.</p> <p>Every day you should eat one vitamin C rich vegetable. Did you eat one vitamin C rich vegetable today? (See list on page 2) Move 2 spaces, if you did!</p> <p>Did you take a walk or do another physical activity for 15-20 minutes today? Move 1 space for 10 minutes; 2 spaces for 20 minutes; or 3 spaces for more than 30 minutes. Good Job!</p> <p>Did you eat a vegetable for breakfast this morning? Move 3 spaces, if you did. Move backwards 1 space, if you did not.</p> <p>Did you get 7-8 hours of rest last night? Move 1 space, if you did.</p> <p>Did you choose to eat a vegetable instead of a high fat or sugar food? Move 2 spaces, if you did.</p> <p>Did you drink a glass of vegetable juice today? Move 3 spaces, if you did.</p>				
