

**Vegetable Group**  
3-5 Servings per day

Foods in this group contain many vitamins and minerals such as vitamins A and C. Vegetables are low in calories and sodium, are naturally fat-free, and provide fiber. Vegetables and fruits provide many of the same nutrients and health benefits.

**One Serving equals:**

- 3/4 cup vegetable juice
- 1 cup raw leafy vegetables
- 1/2 cup cooked or raw other vegetables

**Eating Vegetables to Prevent Cancer**

All vegetables are good for you but some vegetables are important to eat because they may reduce the risk of developing some kinds of cancers. These include vegetables that are high in vitamin A and vegetables from the cabbage family.

**Vegetables high in vitamin A include:** deep yellow/orange vegetables, such as carrots, sweet potatoes, winter squash, and pumpkin, and dark green vegetables, such as spinach, collard and turnip greens, kale and broccoli.

**The cabbage family include:** cabbage, broccoli, bok choy, kale, rutabagas, turnips, cauliflower, kohlrabi, swiss chard, brussels sprouts, collards, mustard greens, and turnip greens.



These materials are funded in part by the United States Department of Agriculture food stamp Education Program, Massachusetts Emergency Food Assistance Program and UMass Extension. UMass Extension offers equal opportunity in programs and employment.

# Putting VEGETABLES in Your Food Guide Pyramid

FRESH • LOCALLY GROWN • CANNED



## Focus on Vegetables

*Fresh is best. Frozen is fine. Canned can be convenient.*

### 5 A DAY

The "5 a Day For Better Health" program promotes a simple, positive message, to eat 5 or more servings of fruits and vegetables each day.

**Five Points to Remember:**

1. Eat five servings of fruits and vegetables a day!
2. Eat at least one vitamin A rich vegetable or fruit a day!
3. Eat at least one vitamin C rich vegetable or fruit a day!
4. Eat at least one high fiber vegetable or fruit, such as pears, apples, or raisins, a day!
5. Eat cabbage family (cruciferous) vegetables several times each week!

**Tips to reach 5 A DAY:**

- Have a salad or a soup that has vegetables.
- Add lettuce and tomatoes to sandwiches.
- Cut raw vegetables, such as carrots and peppers, and keep on hand for snacking.



- Add vegetables to main dishes such as broccoli, to pasta or casseroles.
- Pop a potato in the microwave for a snack.

**VEGETABLE POINTERS**

- Limited refrigeration? Potatoes, carrots, onions, and winter squash can be held at cool room temperatures for several days.
- Wash all vegetables before cooking
- Leave skin on if it can be eaten.
- When cooking fresh vegetables cook until crisp and crunchy, not soft and mushy, to keep their bright color and natural flavor. Steaming or microwaving does this best.
- Canned vegetables can be high in sodium and often lack fiber. Choose ones labeled "no salt added" or "low sodium".



**MEFAP Foods available in the Vegetable Group:**  
A variety of fresh, including Mass. locally grown, and canned vegetables.



The Food Bank of Western Massachusetts, Inc.  
97 North Hatfield Road, PO Box 160  
Hatfield, MA 01038  
tel. 413•247•9738 fax 413•247•9577



**The Food Bank**

# Cooking with Vegetables

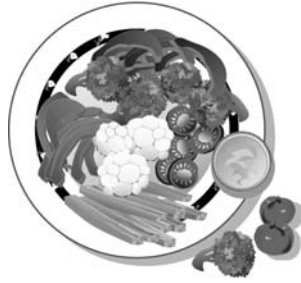
## Fresh Vegetable Plate

Use a variety of vegetables or just one. Be creative!  
Wash and slice vegetables. Serve with dip or dressing.

### Dressing

1 cup plain low fat yogurt  
1/2 cup mayonnaise  
1/4 cup onion, chopped fine  
2Tbsp. soy sauce

1. Blend all ingredients and chill before serving



### Chili Bean Dip

2 cups beans, cooked  
1 Tbsp. vinegar  
1 tsp. chili powder  
2 tsp. onion, minced

1. Blend until smooth.

From: The Market Basket, MASS Farmer's Market Nutrition Program  
Massachusetts WIC Program

## Corn or Green Bean Medley - Serves 5

2 cups (16oz.) corn or green beans (canned or fresh)  
1 large tomato, chopped  
1 small onion, chopped (or 2 tsp dry minced onion)  
1/4 cup chopped green pepper or celery  
1/4 tsp. chili powder

1. Combine all ingredients together in a pan.
2. Cover and cook over low heat until heated through and vegetables are tender.



From: Project STRENGTH- a program of Harvesters- The Community Food Network

## Steamed Fresh Vegetables\* -

1. Place steamer insert in bottom of pan.
2. Add water in pan just to the insert bottom.
3. Add fresh vegetables. Cover and heat to boiling.
4. Heat until crispy tender.

\* Any fresh vegetable can be steamed  
For example: broccoli, cauliflower, carrots, beets, cabbage, zucchini, sweet potatoes, green beans, corn-on-the-cob etc.

From: Project STRENGTH- a program of Harvesters- The Community Food Network



## Carrot Bread

1 1/2 cups flour  
1 tsp. baking soda  
1 1/2 tsp. cinnamon  
2 eggs  
3/4 cup sugar  
1/2 cup oil  
1 cup carrots, cooked and mashed



1. Preheat oven to 350 degrees.
2. Combine flour, baking soda and cinnamon in bowl.
3. Beat the eggs, and mix in sugar, oil, and carrots.
4. Gradually mix the flour mixture in with the carrot mixture.
5. Pour into a greased 9 X 5" loaf pan and bake for 55-60 minutes.

From: The Market Basket, MASS Farmer's Market Nutrition Program  
Massachusetts WIC Program

## Oven Fried Parmesan Potatoes - Serves 5

The addition of seasonings and cheese adds flavor and a golden color to these low-fat French fries.

4 medium potatoes (about 5 oz. each)  
1 Tbsp. canola oil  
1 Tbsp. grated Parmesan cheese  
1/2 tsp. garlic powder  
1/2 tsp. paprika  
1/8 tsp. pepper  
salt to taste (optional)

1. Preheat oven to 450 degrees.
2. Scrub potatoes, but don't peel.
3. Cut in wedges or strips.
4. Place potato slices in a plastic bag with the oil and shake to coat.
5. In a plastic bag, mix seasonings.
6. Add potatoes and shake to coat with seasonings
7. Arrange potatoes in a single layer on a baking sheet that has been sprayed with a non-stick cooking spray.
8. Bake for 30-35 minutes or until golden brown.

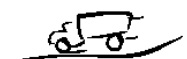
From: The Market Basket, MASS Farmer's Market Nutrition Program  
Massachusetts WIC Program



8/00

These materials are funded in part by the United States Department of Agriculture Food Stamp Education Program, Massachusetts Emergency Food Assistance Program and UMass Extension. UMass Extension offers equal opportunity in programs and employment.

The Food Bank of Western Massachusetts, Inc.  
97 North Hatfield Road, PO Box 160  
Hatfield, MA 01038  
tel. 413•247•9738 fax 413•247•9577



The Food Bank