

MIXING

more

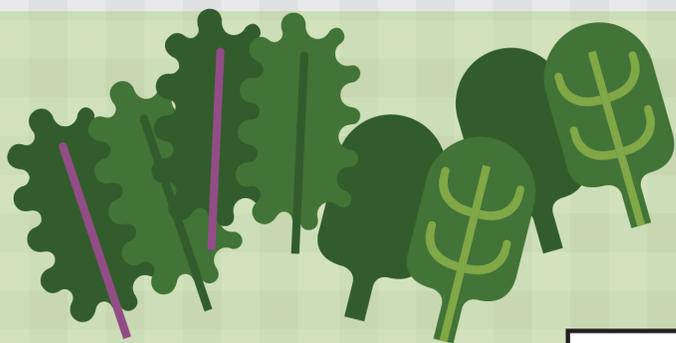
VEGETABLES

into
your
meals

Eating vegetables can improve your overall health. If you have not cultivated a taste for them — or you just can't seem to get enough into your diet — **go stealth.**

Get beyond sides and salads. Try these tips to help hide vegetables in your meals.

A STEALTH APPROACH



ADD GREENS TO YOUR SMOOTHIES

Supplement your next smoothie with greens like spinach or kale. When added to the mix, the veggies can add nutrients without compromising taste.



PUT LEAFY GREENS IN SOUPS AND SAUCES

Greens such as fresh or frozen spinach can easily be added to almost anything without changing the flavor of your dish. Toss into soups and sauces to give your food more vitamin K, vitamin A, magnesium, iron, potassium and vitamin C.



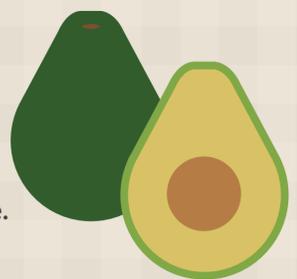
SWAP YOUR NOODLES

Skip the noodles in your next pasta dish and use julienned zucchini or roasted spaghetti squash. Combine with a hearty, low-sodium tomato sauce.

CHANGE YOUR SPREAD

Avocados, while technically a fruit, are a savory and satisfying source of heart-healthy fats and antioxidants. Smashed or pureed, they can take the place of butter, mayo and even hollandaise sauce. Be sure to use in moderation.

While full of healthy fats, avocados are calorically dense.



Daily Veggie Recommendations

Recommended Amount*

Children

2–3 years old	1 cup
4–8 years old	1-1/2 cups

Female

9–13 years old	2 cups
14–50 years old	2-1/2 cups
51+ years old	2 cups

Male

9–13 years old	2-1/2 cups
14–50 years old	3 cups
51+ years old	2-1/2 cups

* Examples of ½ cup of vegetables:
1 small green pepper, 6 baby carrots,
1 cup raw spinach, or 1 large celery stalk

THICKEN WITH VEGGIE PUREES

Instead of adding starches and flours to soups, stews and sauces, try thickening with a vegetable puree. Cauliflower can add a creamy texture while carrots, pumpkin and butternut squash can bring a touch of sweetness without being overbearing. Purees are also a great way to extend ground meat for tacos, meatballs and meatloaves without adding extra fat.



Eating more veggies is just one step toward better health.

Visit scripps.org/EatYourVeggies or call 1-800-SCRIPPS (727-47777) for help finding a doctor to help you stay healthy.

SOURCES

1. Choose My Plate: <http://www.choosemyplate.gov/printpages/MyPlateFoodGroups/Vegetables/food-groups.vegetables-amount.pdf>

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