



Nutrition News

Family Edition

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Here's a good skillet recipe where you can use the idea of "doubling up" on the veggies.

INGREDIENTS

- *1 lb very lean group beef
- *3 cups sliced carrots (original calls for 2 cups)
- *1/2 head shredded cabbage (original calls for 1/4 head)
- *2 chopped onions (original calls for 1 onion)
- *1 can each drained and rinsed green beans and corn (original calls for no canned veggies)
- *1 can cream of mushroom soup
- *Shredded cheese or cheese slices

DIRECTIONS:

Pat beef out to cover bottom of skillet
 Layer veggies
 Spoon cream soup on top
 Cook on medium heat for about 40 minutes
 Sprinkle some shredded cheese or place cheese slices on top during last 10 minutes.
 This works very well in electric skillet too!

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Vegetables for Variety

Vegetables should be a big part of the foods you eat every day. They give us vitamins A, B and C, minerals (calcium and iron) plus fiber. Other nutrients, called phytochemicals, in vegetables are important too. These other substances lower our risk of common diseases such as cancer, heart disease, and diabetes.

How many vegetables should I eat each day?

A person who eats 2000 calories each day should eat about 2½ cups of vegetables. The veggies can be fresh, frozen, or canned. But limit your vegetable juice, such as tomato or carrot juice, to no more than 1 cup. You need the fiber that comes in the solid food as well. Serve vegetables raw, cooked, hot, or cold. Here is the amount of veggies you should eat in reference to your caloric intake.



Caloric Intake	Cups of Vegetables
1200	1½ cups
1400	1½ cups
1600	2 cups
1800	2½ cups
2000	2½ cups
2200	3 cups
2400	3 cups
2600	3½ cups
2800	3½ cups
3000	4 cups

When measuring your vegetables count 1 cup of leafy raw greens as ½ cup of vegetables.

What kinds of vegetables are best for me?

The 2005 Dietary Guidelines for Americans suggest that for 2000 calories and 16½ cups total vegetables for the week we should eat 3 cups of dark green vegetables and 2 cups of orange vegetables. Our weekly intake of legumes and starchy vegetables should be 3 cups for each group. All other vegetables should come to at least 6½ cups per week.

Dark green vegetables include broccoli, spinach, romaine lettuce, and collard, turnip, and mustard greens.

Orange vegetables include carrots, sweet potatoes, winter squash, and pumpkin.

Legumes include all cooked dry beans and peas and soybean products, such as pinto, kidney, navy and black beans, lentils, chickpeas/garbanzo beans, split peas, and tofu. These foods can substitute for your meat also. Just don't count them both places at the same time.

Starchy vegetables include white potatoes, corn, and sweet peas.

Other vegetables include fresh and canned tomatoes, tomato juice and sauce, lettuce, green beans, onions, summer squash, sweet peppers, cauliflower, and eggplant.

How can I make my vegetables taste good?

Season your cooked and raw vegetables with herbs, lemon juice, and/or some of the

vegetable oil or soft margarine without trans fats.

You can see this on the MyPyramid graphic as a very thin triangle. Remember to "go easy" on salty seasonings.

We need SO MANY vegetables every day! I need some ideas!

- Fill half of your plate with vegetables first, and then add the other foods.
- Keep fresh vegetables like carrots in the refrigerator for between meal snacks.
- Add fresh vegetables to foods you already like. For example, add LOTS of lettuce and tomato to a sandwich. This makes the sandwich juicy and moist and you can cut down on the high calorie sauces you add.
- Choose 100% vegetable juice instead of a soft drink. A cup of tomato juice gives you almost half the vegetables you need for the day.
- Choose a baked potato or salad instead of fries.
- Need foods to grab and go? Choose a snack that comes in its own wrapper, like a juicy tomato or small cherry tomatoes.
- Serve an extra side dish of cooked vegetables with your dinner.
- When a recipe includes veggies, double the amount.

Sources: United States Department of Agriculture. United States Department of Health and Human Services. *Dietary Guidelines for Americans 2005*. Washington, DC; Center for Food Safety and Applied Nutrition, accessed at: <http://www.cfsan.fda.gov/~dms/prodsafe.html> and [MyPyramid.gov](http://www.MyPyramid.gov)

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