

2003

## How to Get 3 to 5 Servings of Vegetables a Day

Utah State Extension  
*Utah State University*

Follow this and additional works at: [http://digitalcommons.usu.edu/extension\\_histall](http://digitalcommons.usu.edu/extension_histall)

**Warning:** The information in this series may be obsolete. It is presented here for historical purposes only. For the most up to date information please visit [The Utah State University Cooperative Extension Office](#)

---

### Recommended Citation

Utah State Extension, "How to Get 3 to 5 Servings of Vegetables a Day" (2003). *All Archived Publications*. Paper 1262.  
[http://digitalcommons.usu.edu/extension\\_histall/1262](http://digitalcommons.usu.edu/extension_histall/1262)

This Factsheet is brought to you for free and open access by the Archived USU Extension Publications at DigitalCommons@USU. It has been accepted for inclusion in All Archived Publications by an authorized administrator of DigitalCommons@USU. For more information, please contact [dylan.burns@usu.edu](mailto:dylan.burns@usu.edu).



# HOW TO GET 3 TO 5 SERVINGS OF VEGETABLES A DAY

Vegetables add nutrients, flavor and color to our meals and snacks. Eat 3 to 5 servings every day. Try the following ideas to get more vegetables in your diet.

- ✓ Keep cut up vegetables, such as carrot sticks, celery sticks, green pepper strips, broccoli or cauliflower flowerets, in your refrigerator for quick snacks.
- ✓ Add vegetables to sandwiches. Tomato slices, spinach leaves, lettuce, alfalfa sprouts or cucumber slices taste great on sandwiches.
- ✓ Add shredded or leftover vegetables to salads, sauces, soups and casseroles.
- ✓ Combine vegetables, such as carrots, broccoli, onions, peppers and zucchini and stir fry in a small amount of oil.
- ✓ Use shredded vegetables, such as zucchini and carrots, in breads, muffins and other baked goods.
- ✓ Serve raw vegetables with an easy-to-fix dip, such as ranch-style salad dressing or plain yogurt seasoned with minced onion and herbs.

## LAYERED SALAD

1 cup broccoli flowerets  
1 head lettuce, torn into pieces  
1/4 cup onion, diced  
1 cup carrot, grated  
1/2 cup green pepper, chopped  
1 pkg. (10-oz.) frozen peas  
1 cup cheese, grated

### Dressing:

1 cup mayonnaise or salad dressing  
1 cup vanilla yogurt  
1 tsp. dried dill weed  
1/4 tsp. garlic powder

Cook broccoli until tender crisp and rinse with cold water; drain. Combine ingredients for dressing. In a 9x13-inch dish, cover bottom with lettuce. Layer broccoli, onion, carrot, pepper, and defrosted peas. Top with dressing and sprinkle with cheese. Cover and chill 2-8 hours. Yield: 8 servings.

## MAGIC MARINATED SALAD

1 cup broccoli flowerets  
1 cup cauliflower flowerets  
1 cup carrots, sliced  
1 cup celery, chopped  
1/2 cup onion, chopped  
1 tomato, chopped

### Dressing:

1/2 cup vinegar  
1/2 cup oil  
1/2 tsp. garlic powder  
1 tsp. Italian seasoning  
1 tsp. sugar  
1/2 tsp. salt  
1/2 tsp. pepper



In a medium bowl combine vegetables. Mix ingredients for dressing; add to vegetables. Cover and marinate in refrigerator 2-3 hours. Yield: 4-6 servings.

# BUYING, CHOOSING & STORING VEGETABLES

## SAVE MONEY BUYING VEGETABLES



- ✓ Buy fresh vegetables in season.
  - Buy from local farmers and stands.
  - Buy only the amount you can use within a few days.
  - Look for vegetables that are bright in color and free from bruises and wilt.
- ✓ Canned and frozen vegetables may be the best buy when fresh vegetables are not in season.
- ✓ Select frozen vegetables that are loosely packaged rather than frozen in a solid block.

NUTRITIVE VALUE	
Vegetables High in Vitamin A	Vegetables High in Vitamin C
Broccoli	Asparagus
Carrots	Broccoli
Greens (beet, collard, chard, kale, mustard, turnip)	Cabbage
Pumpkin	Cauliflower
Spinach	Greens (beet, collard, kale, mustard, turnip)
Sweet potatoes	Peppers
Tomatoes	Spinach
Winter squash	Tomatoes

## STORAGE

- ✓ Store fresh vegetables carefully to preserve flavor, vitamins and minerals.
- ✓ Store most fresh vegetables in the refrigerator in a plastic bag to keep moisture in; for example, green beans, broccoli, summer squash, lettuce, peppers, greens, cabbage or carrots.
- ✓ Store potatoes, onions and winter squash in a dark, cool, dry place.
- ✓ Keep salad vegetables crisp by washing and cutting just before serving. Toss with salad dressing when served.