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# 15 Ways to Increase Vegetable Intake

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## Daily Serving Recommendation for Age:

Gender	Age	Amount
Infants	12 to 23 months	2/3 to 1 cup
Children	2 to 4 years	1 to 2 cups
Children	5 to 8 years	1 1/2 to 2 1/2 cups
Girls	9 to 13 years	1 1/2 to 3 cups
Girls	14 to 18 years	2 1/2 to 3 cups
Boys	9 to 13 years	2 to 3 cups
Boys	14 to 18 years	2 1/2 to 4 cups
Women	19 to 30 years	2 1/2 to 3 cups
Women	31 to 59 years	2 to 3 cups
Women	60+ years	2 to 3 cups
Men	19 to 30 years	2 to 4 cups
Men	31 to 59 years	3 to 4 cups
Men	60+ years	2 1/2 to 3 1/2 cups

## Serving Size:

- **What is a vegetable serving size?**
  - 1/2 cup cooked
  - 1 cup raw, leafy vegetable
  - 1/2 cup (4-ounce cup), 100% juice
  - 1/4 cup dried

## Nutritional Boost:

- **What nutrients are most abundant in vegetables?**
  - Potassium
  - Fiber
  - Folate
  - Vitamin A
  - Vitamin C

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## Healthy Ideas:

### 1.) **Be an “artist” in the kitchen**

Kitchen tools such as a spiralizer, cookie-cutter, or vegetable peeler can give your vegetable a “new-look”. Changing the shape and increase interest.

Bonus - ask your kids or grandkids to help with meal prep. This can increase their interest at meals and snacks too.

### 2.) **Bring life to sandwiches and wraps**

Add a variety of vegetables to your sandwiches, such as spinach, tomatoes, avocado, sprouts, onions, cucumbers, peppers, sliced carrots, artichokes, sun-dried tomatoes, as well as fire-roasted peppers.

### 3.) **Do not shy away from dried options**

Try dried veggies in place of chips for a nice crunch and good source of fiber. For an extra boost of pair vegetables with hummus, salsa, or a vegetable-based dip. Top your salad with dried options in place of croutons.

### 4.) **Liven up your main dish**

Add an extra serving of canned, pureed, or cooked, frozen vegetables to your soups for a heartier spoonful.

### 5.) **Balance out a heavy carbohydrate dish**

Mix cooked, chopped, or pureed vegetables into dishes like lasagna, macaroni and cheese, roasted potatoes, rice, or mixed-grain dishes.

### 6.) **Drink the rainbow**

Add green, leafy vegetables like kale or spinach to your smoothies. Swap afternoon coffee for low-sodium 100% vegetable juice.

### 7.) **All in one**

Mix finely chopped vegetables, such as onions, celery, peppers, carrots, mushrooms, or mashed beans into meats like hamburgers, meatballs, or meatloaf.

### 8.) **Expand your palate**

Each week or month try a new vegetable like jicama, turnips, eggplant, kale, yams, bamboo shoots, collard greens, parsnips, okra, water chestnuts, and any other vegetable that is ‘new’ to you.

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**9.) Convenient snacking**

Purchase a mixture of fresh, raw vegetables as an easy, convenient snack. Portion into individual bags for quick access. Pair with your favorite dip, like hummus, light dill, or ranch dip.

Greek-yogurt based dips are great for a hit of protein, burst of flavor, and creamy texture. (Mix plain, low-fat Greek yogurt with seasonings like onion or garlic powder, celery seed, pepper, dill, basil, or turmeric).

**10.) Challenge yourself**

Challenge yourself to eat a serving of vegetables at each meal. At breakfast, mix a variety of cooked vegetables into eggs or try a fruit smoothie with a handful of kale or spinach.

**11.) Go meatless**

Try a meatless meal, focus on vegetables and plant-based proteins. Try a veggie stir-fry with tofu, grilled vegetables, and your favorite grain.

**12.) Go slow**

If vegetables are not your thing, do not shy away. Try different ways of cooking the same vegetable. Try roasting or steaming your vegetables vs. eating them raw.

**13.) Looks and be deceiving**

In place of your traditional grain-based pizza crust, try cauliflower crust. Top with tomato-based sauce, roasted vegetables, and your favorite cheese, for a vegetable-based meal.

**14.) Eat your vegetables first**

Start your meal by eating your vegetables first before your protein or starch.

**15.) Have fun**

Enjoy trying old and new ways of adding vegetables into your day-to-day meals and snacks.