

ChooseMyPlate – Vegetables (Key)

What's in the Vegetable Group?

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

List a few commonly eaten vegetables in each subgroup.

1. Answers will vary	7.
2.	8.
3.	9.
4.	10.
5.	11.
6.	12.

Key Consumer Message: _____

How Much is Needed?

The amount of vegetables you need to eat depends on your age, sex, and level of physical activity.

Daily Recommendation*		
Children	2-3 years old	1 cup
	4-8 years old	1 ½ cups
Girls	9-13 years old	2 cups
	14-18 years old	2 ½ cups
Boys	9-13 years old	2 ½ cups
	14-18 years old	3 cups
Women	19-30 years old	2 ½ cups
	31-50 years old	2 ½ cups
	51+ years old	2 cups
Men	19-30 years old	3 cups
	31-50 years old	3 cups
	51+ years old	2 ½ cups

*These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

What Counts as a Cup?

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the Vegetable Group.

List three of your favorite vegetables.

	Amount that counts as 1 cup of vegetables	Amount that counts as ½ cup of vegetables
	Answers will vary	

Health Benefits

Eating vegetables provides health benefits — people who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body.

Eating a diet rich in vegetables and fruits as part of an overall healthy diet
_____ may reduce risk for heart disease, including heart attack and stroke _____.

Eating a diet rich in some vegetables and fruits as part of an overall healthy diet
_____ may protect against certain types of cancers _____.

Diets rich in foods containing fiber, such as some vegetables and fruits
_____ may reduce the risk of heart disease, obesity, and type 2 diabetes _____.

Eating vegetables and fruits rich in potassium as part of an overall healthy diet
_____ may lower blood pressure, and may also reduce the risk of developing kidney stones and help to decrease bone loss _____.

Tips to Help You Eat Vegetables

(Refer to handout Add More Vegetables – 10 tips to help you eat more vegetables)