EAT MORE VEGETABLES

Less than 1 in 10 Americans eat the recommended number of servings of vegetables per day. Sneak in a few extra servings with these tips.

Start your day with vegetables
Add leafy greens, tomatoes, bell peppers, or broccoli to egg dishes or add pumpkin or butternut squash puree to oatmeal or muffins.

Put them in, on, or under
Sprinkle arugula on top of pizza; stir chopped kale into soup; or serve your pasta over a bed of spinach.

Sneak them in
Add grated squash, carrots, eggplant, or zucchini to pasta sauces or casseroles; substitute half of the meat in burger or meatloaf recipes with mushrooms; add pureed cauliflower or butternut squash to creamy pasta dishes; add a handful of vegetables to fruit-based smoothies.

Make them the main course
Instead of centering meals around meat or starches, plan your dinner around vegetables. Add small amounts of meat for flavor and protein. Think vegetable curries, stir-fries, and hearty salads.

Double the veggies
In soups, stews, curries, pastas, sandwiches, and pasta salads, double the amount of vegetables called for—you’ll add filling fiber and stretch the recipe.

Eat them as snacks
Instead of typical chips or crackers, dip cut up vegetables like carrots, bell peppers, and cucumbers into healthy dips like guacamole, salsa, and hummus.

Bake with them
Mild-flavored vegetables like carrots and zucchini can be grated into pancake, waffle, muffin, or cake mixes. Avocado, applesauce, and pumpkin puree can also be added to add moisture to cakes and quickbreads.

In a study, subjects who ate comfort food that was enhanced with pureed vegetables doubled their vegetable intake, perceived the meals as more satiating, and cut their overall calorie intake by 360 calories.
HEALTHY SNACK IDEAS

1 banana + 1 tablespoon almond butter
1 slice whole grain bread + mashed avocado + sea salt
6 oz. Greek yogurt + ½ cup blueberries
1 cup sliced vegetables + 4 tablespoons hummus
1 apple + 1 tablespoon peanut butter
½ cup edamame
Bean chips + sliced veggies + 4 tablespoons guacamole
½ cup roasted chickpeas
Jerky + bell pepper strips
Apple slices + cheese
Popcorn trail mix with nuts

HEALTHY SNACKING TIPS

Combine foods that have protein, fiber, and healthy fats.
Protein, fiber, and fat are digested at different rates and trigger the release of different hormones and compounds that reduce appetite and stimulate satiety. Combining two or three of them gives your snack even more staying power.

Choose whole foods over processed ones
Processed snacks are convenient, but they’re often high in calories and low in healthy nutrients. Snacks are a great time to add in a serving of fruits or vegetables.

Choose foods with a low glycemic index
Glycemic index ranks carbohydrates by the speed at which they are absorbed. Lower glycemic index foods, like whole grains, beans, legumes, nuts, and some fruits, are absorbed at a slower rate, resulting in more stable blood sugar and energy levels.

Prepare snacks in advance
Resist vending machine temptation by preparing healthy snacks and bringing them with you. You won’t have to rely on unhealthy vending machine or mall food court snacks, and you’ll save money.