

A Very Veggie Lifestyle

Vegetables are full of vitamins that keep our body strong and healthy, yet many people do not eat the recommended number of vegetables required every day to maintain good health. Eating the recommended servings of vegetables each day is easy. MyPyramid recommends that kids and adults eat 2 ½ cups of vegetables every day. Add more vegetables to your family's diet! Try these ideas:

- Shred carrots or zucchini into meatloaf, burgers or casseroles. Place chopped vegetables in pasta sauce, lasagna, soups, chili and mashed potatoes.
- Eat veggies at lunch. Put lettuce or slices of cucumber, tomato, green pepper or roasted red pepper in a sandwich. Or, add a side of baby carrots.
- Ask for more veggie toppings (mushrooms, peppers, or broccoli) and less cheese on your pizza.
- Cook a vegetable stir-fry and let your child help prepare the meal.
- Start a vegetable garden at home so your kids can eat the foods they grow. Visit a farm or farmer's market.

Remember to keep trying! On average, it takes 10 tries for a child to accept a new food. Set a good example for your child and be sure you eat lots of vegetables, too.

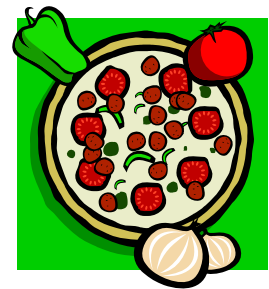
Looking for new ways to fit more fruits and veggies into your day? Visit the Fruits & Veggies More Matters website at <http://www.fruitsandveggiesmorematters.org> for healthy, fruit & veggie packed recipes.

Very Veggie Snack Pizza

Makes 1 serving (1 serving = ½ cup vegetables)

Ingredients:

1 whole wheat English muffin	1/8 cup carrots, diced
1 Tablespoon low-fat garlic / herb cream cheese	¼ cup tomatoes, diced
¼ cup broccoli florets	



Instructions:

1. Toast the English muffin.
2. Spread the cream cheese on the English muffin.
3. Add the chopped veggies and Enjoy!
4. Try changing the veggies depending on your personal preference.



Plant a Garden with Your Kids! Gardening is a great vehicle to encourage kids to try new, healthy foods. Not only are gardens a great way to teach children about healthy eating, but gardening is also a great way for you and your children to be physically active! This spring plant a garden with your kids. To learn more about how to engage children in gardening and how to start your own garden at home, visit the Parents Primer at <http://www.kidsgardening.com/family.asp>