15 Ways to Increase Vegetable Intake

Daily Serving Recommendation for Age:

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

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
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.
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.