



Quick & Easy Veggie Solutions

Non-Starchy Vegetables

**Recommended Amount Per Meal:
At Least 2 cups Combined Total**

Eat a colorful variety!

Dark Green



- Arugula
- Beet, Collard, Mustard, Turnip Greens
- Bok Choy
- Broccoli
- Broccolini
- Chicory
- Cilantro
- Endive (Escarole)
- Kale
- Lettuce: Butterhead, Bibb, Boston, Romain
- Spinach
- Swiss Chard
- Watercress

Red/Orange



- Bell Peppers (red, orange)
- Carrots
- Pumpkin
- Squash: Acorn, Butternut, Hubbard, Spaghetti
- Sweet potatoes
- Tomatoes

Other



- Asparagus
- Beets
- Brussels sprouts
- Cabbage (green, red)
- Cauliflower
- Cucumbers
- Eggplant
- Green & Wax Beans
- Okra
- Kohlrabi
- Green Peppers
- Mushrooms
- Radishes
- Rutabaga
- Snow Peas
- Tomatillos
- Turnips
- Summer Squash (Yellow or Zucchini)



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Check the produce and deli departments for fresh pre-peeled, trimmed, and cut veggies.



Try spiralized veggies to replace some or all of the pasta in a meal.



Consider riced cauliflower to replace some or all rice in a meal.



Oven bake or air-fry sweet potato fries. Buy unseasoned and season yourself.



Add lots of color with fresh and frozen veggie blends.



**Recommended Amount Per Meal:
1 small whole piece OR ¼ - ½ cup**



Fresh Pear, Apple, Apricot, or Peach with Skin



Fresh or Frozen (Unsweetened) Berries: Black, Blue, Raspberries, Strawberries, Mixed



Fresh or Canned (In Water or Juice) Citrus: Oranges, Tangerines (Mandarin Oranges), Grapefruit

Melon:
Cantaloupe,
Honeydew,
Watermelon



Kiwi

Canned Beans

(Adzuki, Black, Blackeye Peas, Chickpeas, Great Northern, Kidney, Navy, Pinto, White)

Recommended Amount Per Meal: ½ cup



- Look for low sodium or no salt added.
 - If the variety you want isn't available in one of these formats, put the beans in a colander and rinse under cold running water to wash away most of the salt.
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- Add [salt-free seasoning](#), heat, and eat as an easy side dish.
 - Try adding to soups, stews, stir-fries, and salads.

Starchy Vegetables

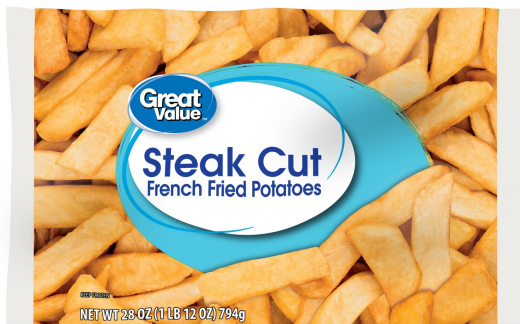
Frozen Varieties

(Corn, Green Peas, Lima Beans, Potatoes)

Recommended Amount Per Meal: ½ cup



- Go for plain unseasoned varieties.
- Add [salt-free seasonings](#) to boost flavor.
- Eat corn, peas, and limas as a stand-alone side dish, or add to soups, stews, stir-fries, and salads.



- Compare fat and sodium on [nutrition facts labels](#) when choosing potatoes. Go for the lowest amounts.
- Steak cuts can be better options.
- Oven bake or cook in an air-fryer.



Quick & Easy Solutions

Starchy Vegetables

Instant Mashed Potatoes

Recommended Amount Per Meal: ½ cup



- Go for unseasoned products with no butter or salt added (check package ingredients).
 - Limit added fat to ½ tbsp per serving (try using a butter/canola oil blend).
 - Add a pinch of salt per serving (about half of a 1/8 tsp measure).
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- Skip the gravy. Instead, boost flavor by:
 - Substituting broth for milk when cooking;
 - Adding onion powder, roasted garlic, and/or nutritional yeast to the cooking liquid (about 1/2 tsp each per serving); *or*
 - Topping hot cooked potatoes with a little shredded cheese.