



**NORTH
DAKOTA**

FNP News

*Family
Nutrition
Program*

#176

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NDSU
Extension Service
North Dakota State University

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Vegetable Group

Vary your veggies

Exploring "MyPyramid"

Why is the Vegetable Group important?

Vegetables are a nutritional bargain. Most vegetables are naturally low in calories and fat. They naturally have no cholesterol. They provide heart-healthy fiber and many other natural "plant chemicals." Aim for a variety of colorful vegetables to get all the benefits!

How much food from the Vegetable Group do I need to eat?

"Servings" now are in cups. This chart shows the number of cups recommended for people who get less than 30 minutes of physical activity daily. If you are more active, your food energy needs increase.

For example, women ages 19 to 50 who get less than 30 minutes of physical activity per day should eat 2½ cups of vegetables per day. Men of the same age should aim for 3 cups of vegetables per day.

	Age	Amount
Children	2 - 3	1 cup
	4 - 8	1½ cups
Girls	9 - 13	2 cups
	14 - 18	2½ cups
Boys	9 - 13	2½ cups
	14 - 18	3 cups
Women	19 - 30	2½ cups
	31 - 50	2½ cups
	51+	2 cups
Men	19 - 30	3 cups
	31 - 50	3 cups
	51+	2½ cups

I'm stretched for time and money. How can I stretch my budget to serve enough vegetables?

- Plant a garden if possible.
- Try to buy fresh vegetables in season. They usually cost less and should be at peak flavor.
- Keep a supply of frozen and canned vegetables for easy microwave side dishes.

Try this example:

Using the chart, how much food from the Vegetable Group does a 12-year-old boy need daily?

cups

Answer: 2½ CUPS

VISIT

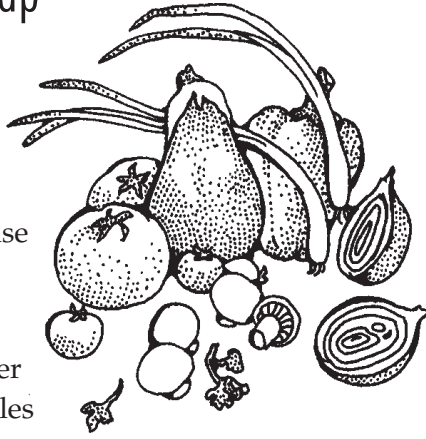
www.mypyramid.gov

**FOR MORE INFORMATION TO
HELP YOU MEET THE CURRENT
RECOMMENDATIONS
FOR VEGETABLES.**

Should I use soap when I wash produce?

No, soap is not recommended for use with produce.

Just use plenty of clean, running water and rub the vegetables with your hands or a vegetable brush.



I take care of my grandchildren after school. Any ideas to get them to eat more vegetables as snacks?

Keep cut-up vegetables in see-through containers in the refrigerator so they're ready to eat.

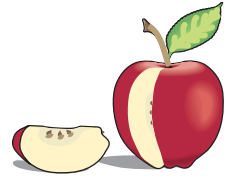


Whenever possible, have the children help choose and prepare the vegetable snacks.

Even young children can help rinse celery, carrots or broccoli under running water. They can help mix a vegetable dip, too.

APPLE CRANBERRY SALAD TOSS

- 5 c. of leafy greens such as lettuce or spinach
- 1 medium red apple, sliced
- ¼ c. walnuts, chopped
- ½ cup dried cranberries/"Craisins"
- ¼ c. green onions, sliced
- 3/8 c. fat-free or low-fat raspberry vinaigrette dressing (or other dressing of choice)



Wash leafy greens thoroughly with running water. Drain. Tear into bite-size pieces. In a large bowl, toss lettuce, apples, walnuts, cranberries and onions. Add dressing and toss to coat. Serve immediately.

Makes 6 servings. Each serving has about 100 calories, 17g carbohydrate, 3g fat and 2g fiber.

Menu idea ~

Grilled burgers on whole-wheat buns, baked beans, Apple Cranberry Salad Toss, carrot sticks, low-fat milk.

Call for more information on foods and nutrition or managing your food dollar



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Extension/Nutrition Education Agent, FNP

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