

LET'S TEST YOUR VEGGIE IQ



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HOW WELL DO YOU KNOW YOUR VEGETABLES?



Why do we need to eat vegetables?

FULL OF NUTRIENTS AND LOW IN CALORIES

Vegetables are low in fat and calories but full of nutrients we need.

VITAMIN A

Keeps eyes and skin healthy and helps fight infections.

Vitamin C helps
cuts and wounds
and keeps gums
and teeth healthy.

VITAMIN C

POTASSIUM

Potassium helps maintain a healthy blood pressure.







MULTIVITAMINS ARE NOT THE SAME AS EATING WHOLE VEGETABLES

Multivitamins are missing fiber, antioxidants, phytochemicals, and flavonoids.





IT IS IMPORTANT TO ALWAYS BE TRYING NEW VEGETABLES

You don't know you don't like it unless you try it! Make sure you don't don't YUCK MY YUM.





1-3 cups of vegetables

should be eaten each day.

We need different amounts of vegetables depending on our age, gender, and level of physical activity.



I CUP OF VEGETABLES IS EQUAL TO:

1 CUP OF RAW OR COOKED VEGETABLES

1 CUP 100% VEGETABLE JUICE

2 CUPS OF RAW LEAFY GREENS



Pick a variety of vegetables from each subgroup

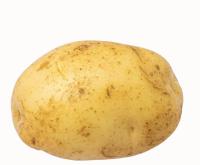
Dark-Red and Starchy Beans, Green Peas, and **Orange** Lentils











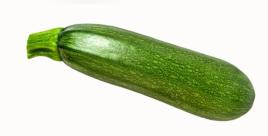
















LET'S SEE IF YOU CAN GUESS THE FOLLOWING VEGETABLES.

THERE WILL BE ONE FROM EACH SUBGROUP



VECETABLE #1

- EXCELLENT SOURCE OF PROTEIN, HIGH IN FIBER, POTASSIUM, AND FOLATE
- OFTEN EATEN COLD IN SALADS OR HOT IN SOUPS
- CREAM-COLORED, SMALL
 AND ROUND
- MAIN INGREDEIENT IN HUMMUS





GARBANZO BEANS OR CHICKPEAS

Beans, Peas, and Lentils Subgroup



VECETABLE #2

- COMES IN A VARIETY OF COLORS INCLUDING ORANGE, RED, YELLOW, AND GREEN
- YOU MAY THINK THEY ARE SPICY BECAUSE OF THEIR NAME BUT THEY ARE NOT
- THEY DO NOT RING
- EXCELLENT SOURCE OF VITAMIN A, VITAMIN C, AND POTASSIUM





BELL PEPPERS

Red and Orange Vegetables and Other Vegetables Subgroup



VEGETABLE #3

- IT LOOKS LIKE BIG, WHITE,
 PUFFY KERNELS
- IT IS USED IN SOUPS, STEWS, AND CASSEROLES
- THEY ARE SMALL, FLAT AND ROUND
- IT CONTAINS FIBER, IRON, and VITAMIN B3





HOMINY

Starchy Vegetables Subgroup



VEGETABLE #4

- THIS VEGETABLE IS GREEN AND LEAFY
- IT IS LOADED WITH NUTRIENTS
- YOU CAN COOK IT OR EAT
 IT RAW
- THIS IS POPEYE'S

 FAVORITE VEGETABLE





SPINACH

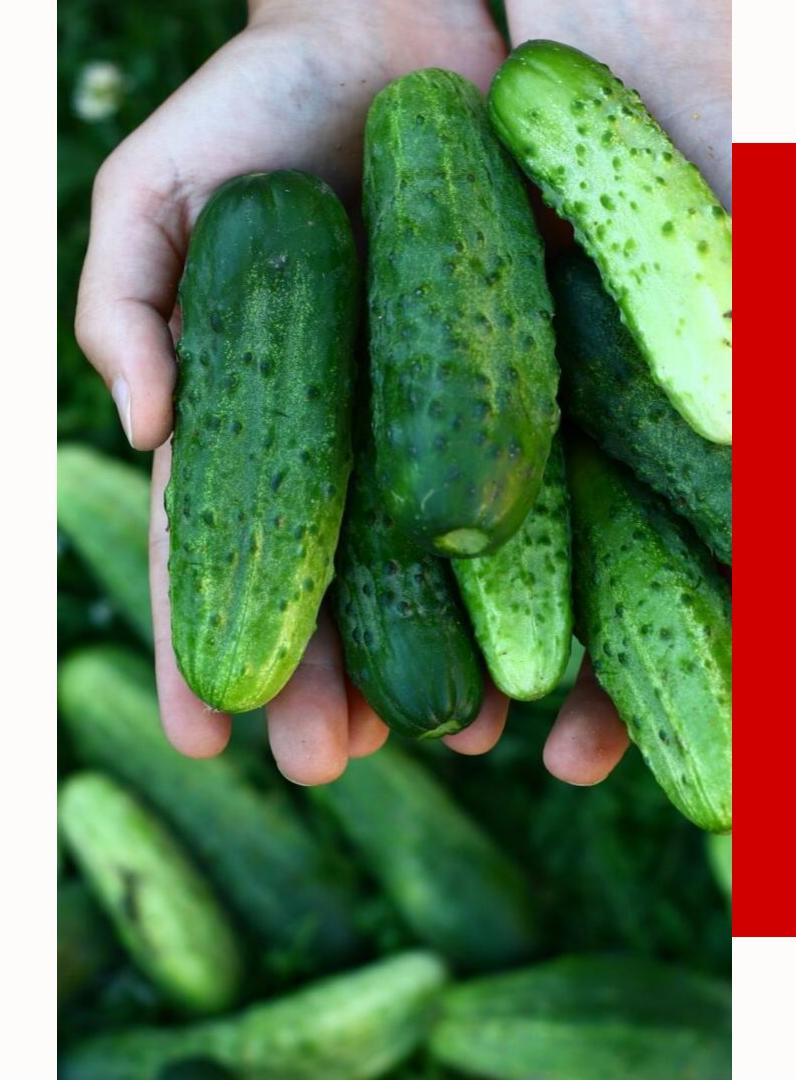
Dark-Green Vegetables Subgroup



VEGETABLE #5

- THIS VEGETABLE IS 96% WATER
- IT IS USUALLY EATEN RAW
- THEY ARE SOMETIMES
 PICKLED
- THEY HAVE WAXY SKIN ON THE OUTSIDE
- THEY CONTAIN B VITAMINS
 AND FIBER



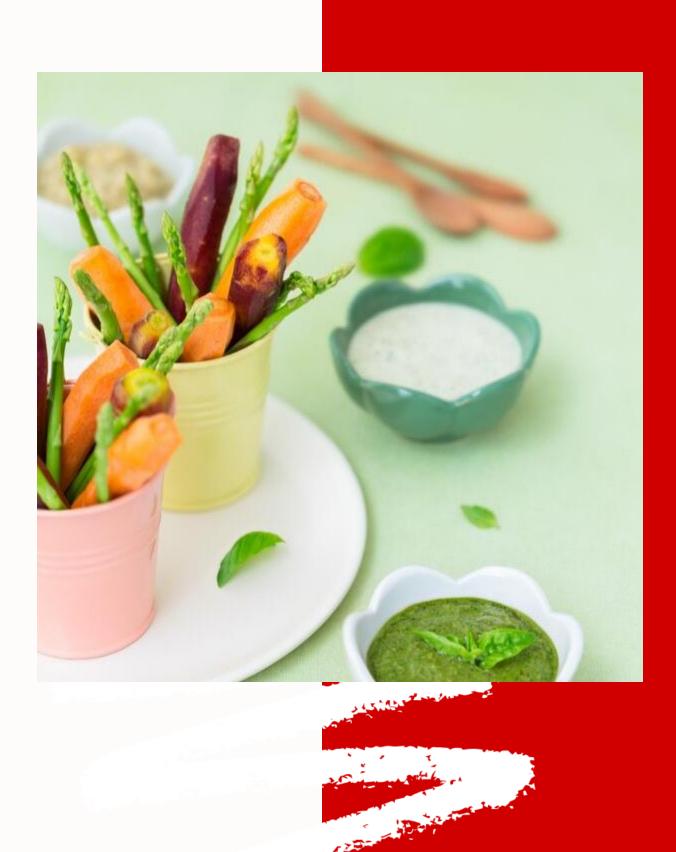


CUCUMBERS

Other Vegetables Subgroup



THERE ARE
LOTS OF OTHER
WAYS TO
ENJOY
VEGETABLES.



- IN SMOOTHIES
- AS A SNACK
- WITH A DIP
- IN A WRAP
- ON A SANDWICH

Howdoyou like to eat vegetables?

EATING VEGETABLES KEEPS YOU HEALTHY!

EAT MORE VEGETABLES EVERYDAY



References

- Vegetables, United States Department of Agriculture (USDA), https://www.myplate.gov/eat-healthy/vegetables
- U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025.* 9th Edition. December 2020. Available at <u>DietaryGuidelines.gov</u>.

