

I successfully completed this goal.
This is what I did:

GetFIT Connections - Eat a Variety of Colored Vegetables

Select fresh, frozen, and canned, cooked or raw. Frozen or fresh is lower in sodium. Purchase no salt added canned vegetables. Add a variety of colored vegetables for potassium, fiber, folate, vitamins A, E, and C.

Dark Green - bok choy, broccoli, green leafy salad greens like spinach, green leaf lettuce, romaine, and greens like collard, turnip, mustard, an kale, watercress

Orange - carrots, sweet potatoes, winter squash (acorn, butternut), pumpkin

Dry Bean and Peas - pinto beans, kidney beans, black bean, split peas, lentils, chickpeas (garbanzo beans), tofu

Starchy Vegetables - white potatoes, corn, green peas, lima beans (limit these to your amounts each day)

Other Vegetables - tomatoes, tomato juice, lettuce, green beans, onions, mushrooms, celery, cabbage

Serve vegetables with every meal. Increase vegetables by adding extra to soups and casseroles. Top sandwiches with dark green leafy lettuce or spinach. In place of meat, add beans to quesadillas and casseroles. Shred carrots and zucchini and add to meatloaf or muffins. Use winter squash (acorn or butternut) to thicken soups. Replace meat in soups with the meaty flavor of chickpeas (garbanzo beans). Always keep frozen vegetables on hand for quick cooking as well as pre-washed bags of prepared vegetables. Freshly chopped vegetables can be picked up from salad bars. Blanch broccoli to reduce the strong flavor. Keep cut-up vegetables in a clear container in the refrigerator for easy pickings!

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Date _____

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