



5 CREATIVE WAYS TO EAT MORE VEGETABLES

It is important to fill half your plate with vegetables and fruit at every meal and snack. They provide vitamins, minerals and antioxidants to keep you healthy and reduce your risk of chronic disease.

Here are 5 ideas to help you easily add more vegetables to your day.

1. **Make soup**

Make veggies the star of your soup by roasting them first to bring out their delicious flavour and then puree them in your soup. No fresh veggies on hand? Use frozen!

2. **Try veggie noodles**

This is a fun way to boost your veggie intake. All you need is a spiralizer which transforms your veggie into a noodle-like shape. Great veggies to start with are zucchini, carrots and sweet potato.

3. **Add extra veggies to sauces**

Add extra veggies to your sauces, like spaghetti sauce or your favourite casserole. You can simply chop fine, or cook and puree them right into the sauce. Try finely chopped zucchini, mushrooms, onions, and eggplant.

4. **Blend into smoothies**

A delicious way to add more greens to your day is to add them to your favourite smoothie. Try adding leafy greens like spinach or kale. Don't want to see green? Blend with frozen blueberries to hide the colour.

5. **Use veggies as a vehicle**

Next time you have a bell pepper or spaghetti squash, use the veggie as a vehicle to house the other ingredients in your meal. This is an impressive way to serve your dish and is delicious too!

There are so many ways to add vegetables to your meals and snacks. You can sneak them into a dish or make them the star of the plate. Eat more for better health.

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