

Purdue Extension Does... Eat More Green, Save Some Green

Nutrition Education Program Eat Better for Less Newsletter

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June 17th is National Eat Your Vegetables Day!

Why Should You Eat Your Veggies?

- ◆ Eating a diet rich in vegetables is a part of a healthy diet that can reduce your risk for heart disease and cancer.
- ◆ Dietary fiber from vegetables can help to reduce cholesterol, which can lower your risk of heart disease and improve bowel function.
- ◆ Vegetables are naturally low in fat and calories.
- ◆ Vegetables high in Vitamin C (such as Bell Peppers, Broccoli, and Spinach), help heal cuts and wounds and keep teeth and gums healthy.

How to Add More Vegetables without Breaking the Budget:

- ◆ Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor
- ◆ All forms of vegetables are nutritious, so canned and frozen forms are OK too! They even last longer than fresh! Rinse canned vegetables to reduce the sodium or choose low sodium options.
- ◆ Buy more! When there are specials on vegetables, buy extra, but only buy extra if you will use it. Otherwise, you will be throwing away money instead of saving.
- ◆ Do not shop when you are hungry. Impulse purchases of cookies may cost you just as much as fresh vegetables.
- ◆ Make a list. This can help to avoid spending money on unneeded items.
- ◆ Keep it simple. Buy vegetables in their simplest forms. Pre-cut and pre-washed are more convenient, but can cost extra.

Vegetables in Season June-July:

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|----------------|---------------|
| ◆ Beets | ◆ Green Beans |
| ◆ Bell Peppers | ◆ Broccoli |
| ◆ Corn | ◆ Cauliflower |
| ◆ Cucumbers | ◆ Peas |
| ◆ Eggplant | ◆ Zucchini |

Yummy Roasted Broccoli and Red Peppers

Ingredients (6 Servings)

- ◆ 5 cups fresh broccoli (1 large bunch)
- ◆ 1 red bell pepper, cut into bite size pieces
- ◆ 2 tsp olive oil
- ◆ 1/2 teaspoon lemon pepper

- ◆ 1 clove garlic, minced OR 1/4 teaspoon garlic powder

Directions

1. Preheat oven to 400°F
2. Add broccoli, pepper, oil, lemon pep- per, and garlic to a bag and shake to combine.
3. Spread the mixture onto a baking sheet.
4. Bake in the preheated oven until the vegetables are tender enough to eat.

Resources: <https://www.fruitandveggiesmorematters.org>

For more tips on eating healthy, be sure to visit www.eatgathergo.org or contact Ashlee at Purdue Extension – Dubois County at 812-482-1782 or avniehau@purdue.edu.