



Tips for Meeting your Vegetable Needs

Based on nutrient content, vegetables are organized into 5 subgroups:

- Dark green vegetables
- Starchy vegetables
- Red and orange vegetables
- Beans and peas
- Other

In general, 1 cup of raw/cooked vegetables or vegetable juice OR 2 cups of raw, leafy greens can be considered “1 cup” from the vegetable group.

- Adults should eat about 3 cups of vegetables each day.
- Focus on including a variety of all the different subgroups each week

VEGETABLE	AMOUNT THAT COUNTS AS 1 CUP
DARK GREEN VEGETABLES	
Broccoli	1 cup, chopped or florets
Greens (collards, mustard greens, turnip greens, kale)	1 cup, cooked
Spinach	1 cup, cooked 2 cups, raw
Raw leafy greens (spinach, romaine, watercress, dark green leafy lettuce, endive, escarole)	2 cups, raw

RED AND ORANGE VEGETABLES	
Carrots	1 cup strips, slices, chopped, raw or cooked 2 medium 1 cup baby carrots (about 12)
Pumpkin	1 cup, mashed, cooked
Red peppers	1 cup, chopped, raw, or cooked 1 large pepper (3" diameter, 3 ¾" long)
Tomatoes	1 large raw whole (3") 1 cup chopped, sliced, raw, canned, or cooked
Tomato juice	1 cup
Sweet potato	1 large baked (2 ¼" or more diameter) 1 cup sliced or mashed, cooked
Winter squash (acorn, butternut, hubbard)	1 cup, cubed, cooked
BEANS AND PEAS	
Dry beans and peas (such as black, garbanzo, kidney, pinto, or soy beans, or black-eyed peas or split peas)	1 cup whole, mashed, or cooked
STARCHY VEGETABLES	
Corn, yellow or white	1 cup 1 large ear (8" to 9" long)
Green peas	1 cup
White potatoes	1 cup, diced, mashed 1 medium boiled or baked potato (2 ½" to 3" diameter)
OTHER VEGETABLES	
Cabbage, green	1 cup, chopped or shredded, raw or cooked
Cauliflower	1 cup, pieces or florets, raw or cooked
Celery	1 cup, diced or sliced, raw or cooked 2 large stalks (11" to 12" long)
Cucumbers	1 cup, raw, sliced, or chopped
Green or wax beans	1 cup, cooked
Green peppers	1 cup, chopped, raw, or cooked 1 large pepper (3" diameter, 3 ¾" long)
Lettuce, iceberg or head	2 cups, raw, shredded or chopped
Mushrooms	1 cup, raw, or cooked
Onions	1 cup, chopped, raw, or cooked
Summer squash or zucchini	1 cup, cooked, sliced, or diced



WAYS TO INCREASE VEGGIE INTAKE:

- Buy fresh, in-season vegetables for the best flavor and to save money.
- Stock up on frozen vegetables for quick, easy microwave cooking.
- Buy vegetables that are easy to prepare such as: pre-washed bags of salad greens, baby carrots, grape tomatoes, etc.
- Vary your veggie choices to keep meals interesting.
- Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup; add other foods to complement it.
- Try a main dish salad for lunch, but keep the salad dressing light.
- Include a green salad with your dinner every night.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.
- Include chopped vegetables in pasta sauce or lasagna.
- Order a veggie pizza (mushrooms, green peppers, onions) and ask for extra veggies.
- Use pureed, cooked vegetables, such as potatoes, to thicken stews, soups, and gravies. These add flavor, nutrients, and texture.
- Grill vegetable kabobs with tomatoes, mushrooms, green peppers, and onions.
- Add color to salads by adding baby carrots, shredded red cabbage, or spinach leaves.
- Include beans or peas in flavorful mixed dishes, such as chili or minestrone soup.
- Keep a bowl of cut-up vegetables in a see-through container in the refrigerator.

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Resources:

- <https://www.choosemyplate.gov/vegetables>

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