



MIXED VEGETABLES



Vegetables are an **important** part of your diet...they contain many important **vitamins** and **minerals** that help improve your overall health! Here are some fun facts about vegetables!

Did you know...?

- Frozen vegetables (that are frozen without added salt and sauces) are JUST as healthy for you as fresh vegetables!
- In only 3 stalks of celery you will be provided with 1 of your daily recommended portions of vegetables!
- The first carrots that were grown were actually purple, not orange!
- Beans, although they are a vegetable, are a great source of protein and fiber!
- Most vegetables are nutrient-packed but very low in calories!
- A balanced diet containing a variety of vegetables can help you stay healthy!

You should aim to eat

3-5

Servings of fruits and vegetables **each day!**

<http://www.nourishmentforlife.org/vegetables/facts-about-vegetables.htm>

