

VEGETABLES

Write the following information into the VEGETABLE section of your Graphic Organizer and color the MyPlate template section GREEN



Boys 9-13	2 ½ c. daily
Boys 14-18	3 c. daily
Girls 9-13	2 c. daily
Girls 14-18	2 ½ c. daily



**Make half your plate
fruits and vegetables:
Vary your veggies.**

- Try adding fresh, frozen or canned vegetables to salads, sides and main dishes.
- Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted or raw

What counts as a cup of vegetables?

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the Vegetable Group.