



## Eat More Vegetables in Your Meal!

Can you answer “YES” to the following 2 questions?

- (1) You have the space to grow vegetables in your yard or in a flower pot?
- (2) Growing your own vegetables will increase your chances of eating more vegetables in your meals.

Vegetables are excellent sources of :

- (1) Fiber to help with prevent constipation problems
- (2) Vitamins and minerals that promote healthy skin, gums, and teeth.

Getting Started:

- (1) Try growing herbs- basil, cilantro, mint, oregano, parsley, and rosemary.
- (2) Make gardening a fun family activity for all ages.
- (3) Visit gardening stores for advice on seeds and plants that are in season and grown in your area
- (4) Visit the website for your County’s Cooperative Extension Service-look under gardening activities, ideas

Prepare healthy vegetables. Enjoy the natural flavors!

- (1) Do not fry any of your vegetables.
- (2) Limit added fats/oils; salt and sugar.