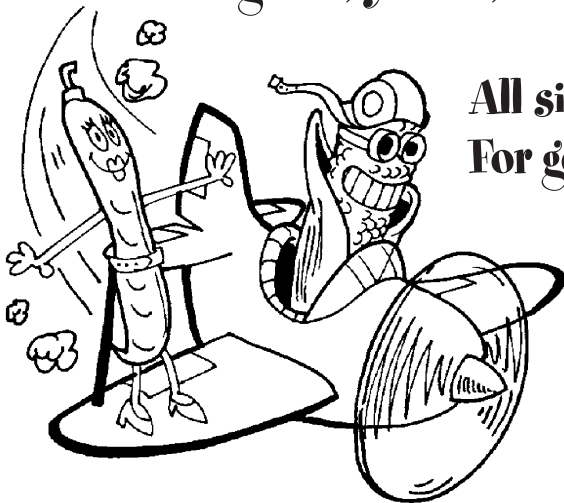
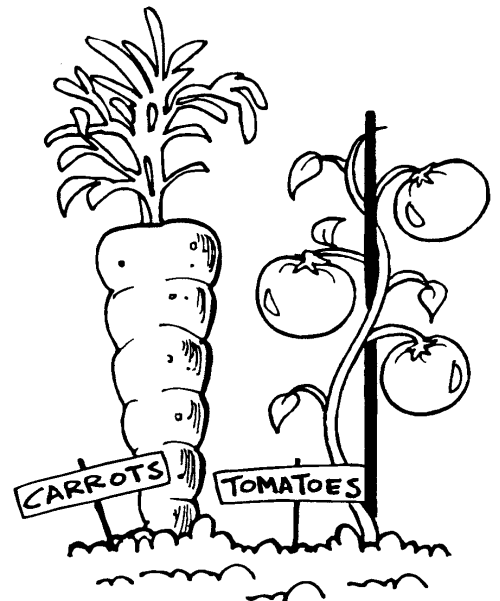


Name \_\_\_\_\_

# VEGETABLE FUN

VARY YOUR VEGGIES!

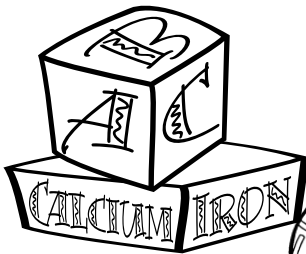
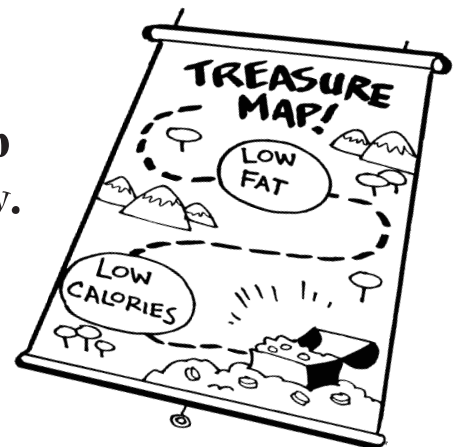
The Vegetable Group, all plants that you eat,  
Dark green, yellow, orange, or red like a beet.



All sizes and shapes, for eating that's right,  
For good nutrition, they get the "go" light.

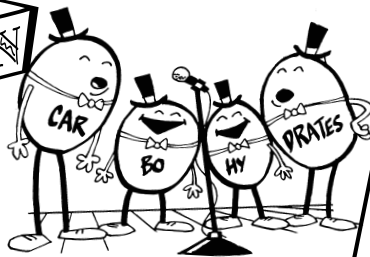
With little fat,  
the calories are few.  
Their fiber helps keep  
your insides like new.

Packed with vitamins and minerals, too,  
Take a close look, "veggies" are good for you.



They help you to see better, night or day,  
Heal cuts and bruises you get when you play.

Also, carbohydrates, they sing a tune,  
Glad to be turned into energy soon.



It's color that counts  
with veggies, so true.  
The darker the better  
is your key clue.

- Recommended Daily Amounts:**  
1 and 1/2 cups to 2 and 1/2 cups. 1 cup equals:
- 1 cup raw or cooked vegetables
  - 1 cup 100% vegetable juice
  - 2 celery stalks—each 1 foot long
  - 2 cups raw leafy greens
  - 1 cup 1/2 inch Tofu cubes
  - 1 cup whole or mashed cooked dry beans or peas

