



Easy Ways to Add Vegetables to Your Day

Vegetables are an important part of a healthy diet.

Just like any other food group, eating a variety of vegetables is important because no single vegetable provides all of the nutrients you need. Consider these tips to help you add more vegetables to your day.

For more information, contact KFL&A Public Health at 613-549-1232 or 1-800-267-7875.

★ Tips

- **Frozen is Fabulous.** Frozen veggies are just as nutritious as fresh ones, and they don't require washing, peeling or chopping, making them a quick and convenient way to boost your intake!
- **Delicious Dips.** Pump up the flavour of raw veggies with a variety of nutrient packed dips. Dig into hummus, guacamole, salsa, or try yogurt based dips like tzatziki.
- **The Centre of Attention.** Where you place food in your kitchen can influence what you choose to eat. Make veggies the easy choice for snacking by washing and chopping them ahead of time, and placing them in a clear container on the most visible shelf in your fridge.