



April 2011: Veggie-licious

Color your plate with a veggie rainbow!

Ask your Nutrition Educator to introduce you to one of our services below:



Nutrition Nibble

Many of us have a hard time figuring out how to get enough vegetables in our daily diet. One way to add more veggies to your day is to include them in snacks. Here are some ideas for quick and easy veggie-licious snacks:

- Baby carrots with low-fat salad dressing
- Celery with peanut butter
- Salsa with baked tortilla chips
- Sliced cucumbers or pepper strips with hummus

Monthly Mentions

Nutrition Tip: Just as we "shouldn't judge a book by its cover," we shouldn't judge a vegetable until we have given it a try (or several tries!). Some veggies might look odd or different, but you never know what you'll like until you try it.

Fruit & Vegetable: For pineapple and asparagus recipes, visit our website:

<http://www.drexel.edu/nutritioneducation>

Now in Season: pineapple, asparagus, broccoli, green beans, lettuce, honeydew

April Health Observations: National Garden Month, National Public Health Week, World Health Day

Tasty Topics

Vegetables are nutritious, tasty, and fun to eat! They come in a rainbow of colors and textures and can bring variety and excitement to any meal or snack. They are full of vitamins and minerals that can help us stay healthy. For example, vitamin A helps keep eyes and skin healthy, vitamin C is important for wound healing and healthy gums and teeth, calcium is key to bone health, and potassium is involved in blood pressure. Even more, vegetables are filled with fiber which helps keep you full. Eating lots of vegetables may reduce the risk of some chronic diseases such as stroke and some cancers. The antioxidants in vegetables not only contribute to their many different colors, but also can help fight free radicals that can damage cells. It is believed that free radicals can cause aging, certain cancers and heart disease. For more information on vegetables and for tips on how to eat more of them, visit: <http://www.fruitsandveggiesmorematters.org>

Nutrition Education in Action



Cierra and Amanda at Germantown High School decorate EAT.RIGHT.NOW. aprons with colorful fruits and vegetables.

Questions or Comments?
Email: nutritioncenter@drexel.edu
EAT.RIGHT.NOW.
Nutrition Education Program
Drexel University

Who Am I? The Vegetable Group



We are the vegetable food group. Can you guess our name? We come in different sizes and shapes. But we all taste great. Eat green and orange vegetables every day and you feel great and be healthy!

Draw a line from the vegetable to the name.
Color the page when you are done!



zucchini

onion

garlic

chili pepper

broccoli

lettuce

carrot

yam

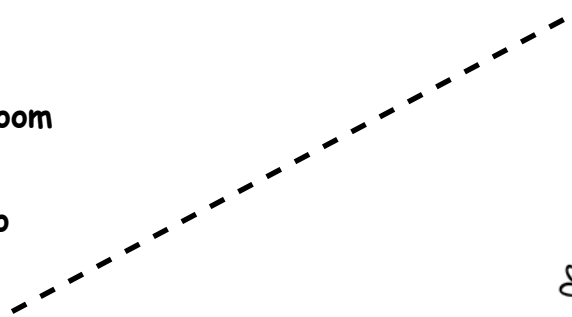
green onions

corn

mushroom

tomato

radish



Visit www.ChefSolus.com for Free [online nutrition games](#), healthy interactive tools, [food group worksheets](#) and activities, recipes and tips!

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