



LET'S TEST YOUR VEGGIE IQ

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Updated February 2021





HOW WELL DO YOU KNOW YOUR VEGETABLES?

Why do we need to eat vegetables?

FULL OF NUTRIENTS AND LOW IN CALORIES

Vegetables are low in fat and calories but full of nutrients we need.

VITAMIN A

Keeps eyes and skin healthy and helps fight infections.

VITAMIN C

Vitamin C helps cuts and wounds and keeps gums and teeth healthy.

POTASSIUM

Potassium helps maintain a healthy blood pressure.



EXTENSION

MULTIVITAMINS ARE NOT THE SAME AS EATING WHOLE VEGETABLES



Multivitamins are missing fiber, antioxidants, phytochemicals, and flavonoids.



IT IS IMPORTANT TO ALWAYS BE TRYING NEW VEGETABLES

You don't know you don't like it
unless you try it! Make sure you
don't
YUCK MY YUM.



**1-3 cups of
vegetables
should be eaten each day.**

We need different amounts of vegetables depending on our age, gender, and level of physical activity.

N
EXTENSION

1 CUP OF VEGETABLES IS EQUAL TO:

1 CUP OF RAW OR COOKED
VEGETABLES

1 CUP 100% VEGETABLE JUICE

2 CUPS OF RAW LEAFY GREENS



Pick a variety of vegetables from each subgroup

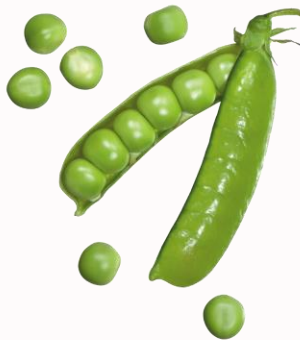
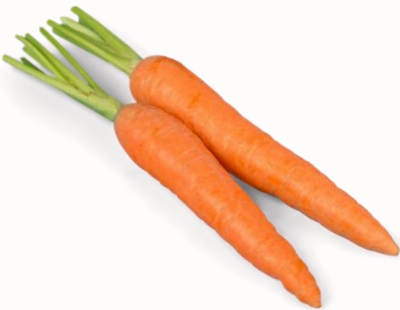
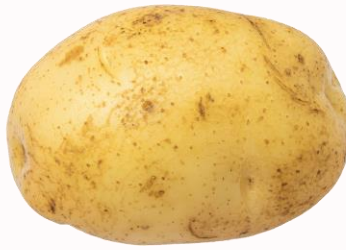
Dark-Green

Red and Orange

Beans, Peas, and Lentils

Starchy

Other



**LET'S SEE IF YOU CAN GUESS THE
FOLLOWING VEGETABLES.**

**THERE WILL BE ONE FROM EACH
SUBGROUP**

VEGETABLE #1

- EXCELLENT SOURCE OF PROTEIN, HIGH IN FIBER, POTASSIUM, AND FOLATE
- OFTEN EATEN COLD IN SALADS OR HOT IN SOUPS
- CREAM-COLORED, SMALL AND ROUND
- MAIN INGREDIENT IN HUMMUS





GARBANZO BEANS OR CHICKPEAS

Beans, Peas, and Lentils Subgroup

VEGETABLE #2

- COMES IN A VARIETY OF COLORS INCLUDING ORANGE, RED, YELLOW, AND GREEN
- YOU MAY THINK THEY ARE SPICY BECAUSE OF THEIR NAME BUT THEY ARE NOT
- THEY DO NOT RING
- EXCELLENT SOURCE OF VITAMIN A, VITAMIN C, AND POTASSIUM





BELL PEPPERS

Red and Orange Vegetables and
Other Vegetables Subgroup



VEGETABLE #3

- IT LOOKS LIKE BIG, WHITE, PUFFY KERNELS
- IT IS USED IN SOUPS, STEWS, AND CASSEROLES
- THEY ARE SMALL, FLAT AND ROUND
- IT CONTAINS FIBER, IRON, and VITAMIN B3





HOMINY

Starchy Vegetables Subgroup

VEGETABLE #4

- THIS VEGETABLE IS GREEN AND LEAFY
- IT IS LOADED WITH NUTRIENTS
- YOU CAN COOK IT OR EAT IT RAW
- THIS IS POPEYE'S FAVORITE VEGETABLE





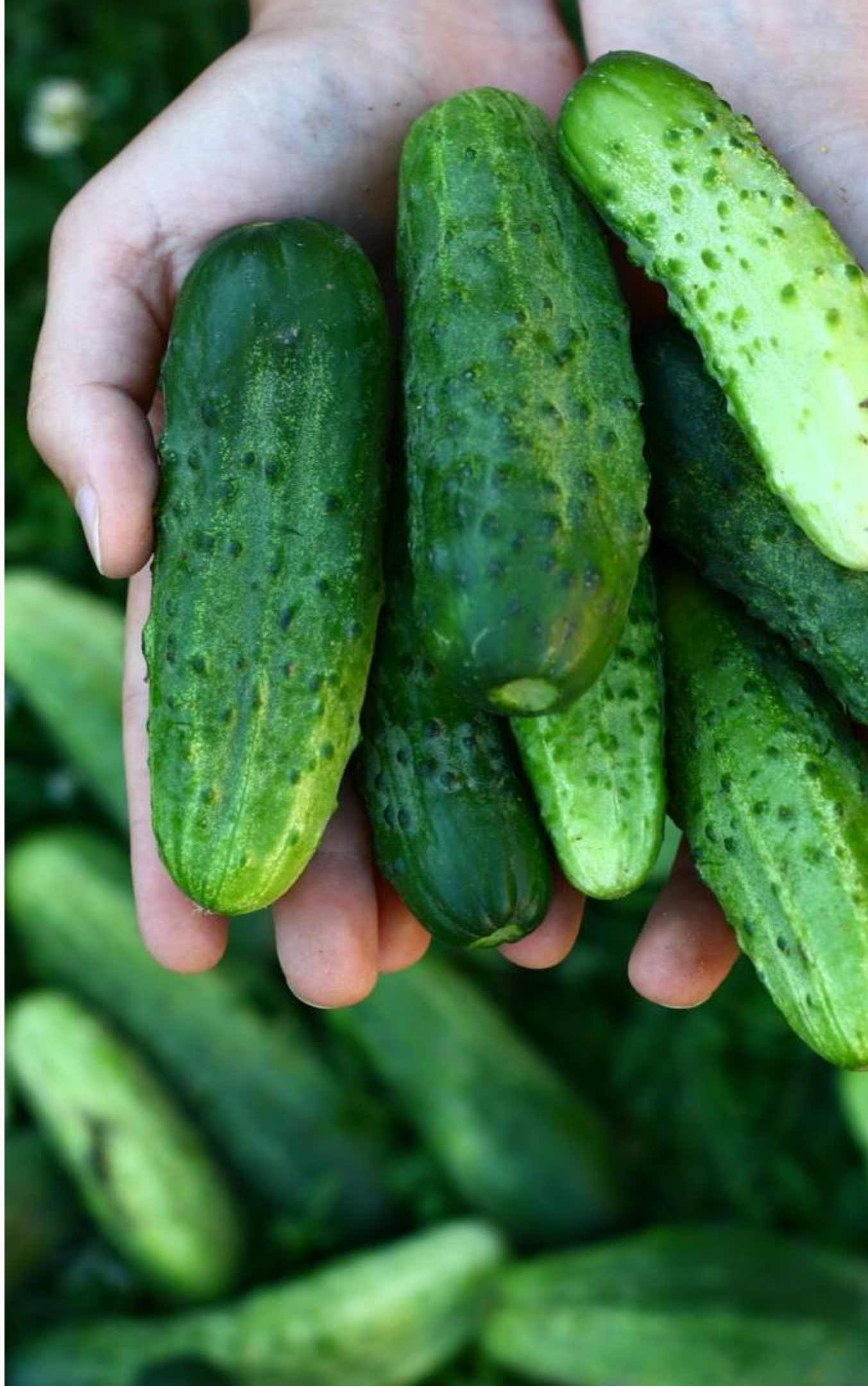
SPINACH

Dark-Green Vegetables Subgroup

VEGETABLE #5

- THIS VEGETABLE IS 96% WATER
- IT IS USUALLY EATEN RAW
- THEY ARE SOMETIMES PICKLED
- THEY HAVE WAXY SKIN ON THE OUTSIDE
- THEY CONTAIN B VITAMINS AND FIBER





CUCUMBERS

Other Vegetables Subgroup



**THERE ARE
LOTS OF OTHER
WAYS TO
ENJOY
VEGETABLES.**



- IN SMOOTHIES
- AS A SNACK
- WITH A DIP
- IN A WRAP
- ON A SANDWICH

How do you
like to eat
vegetables?



EATING VEGETABLES KEEPS YOU HEALTHY!

EAT MORE VEGETABLES EVERYDAY



References

- Vegetables, United States Department of Agriculture (USDA), <https://www.myplate.gov/eat-healthy/vegetables>
- U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).

