

# Veg All Day!



Vegetables are part of the Vegetables and Fruit food group. They give provide our bodies with **vitamins and minerals** to help us stay healthy and GLOW. Vegetables are also high in **dietary fibre** which helps with healthy digestion and keeps us feeling full for longer.

A lot of the goodness is found just under the skin so **avoid peeling** carrots, potatoes etc.

Aim to include **three or more servings** of vegetables each day, one serving is one handful.

Fresh, frozen, canned and dried vegetable are all good options.

Eating vegetables **in season** will make things cheaper. The 5+aday website has additional information about what vegetables are in season when [www.5aday.co.nz](http://www.5aday.co.nz)

Eating different types of vegetables in a **variety of colours** will ensure that you get a range of vitamins and minerals as different colored vegetables contain different amounts and types.

[www.vegetables.co.nz](http://www.vegetables.co.nz)

**Green vegetables:** rich in Vitamin C, B-group vitamins, folate, fibre and minerals

- Broccoli
- Beans
- Leaks
- Peas
- Green capsicums
- Cucumbers etc

**Red vegetables:** contain vitamin C and are packed with antioxidants from the red pigment which help keep your heart healthy and can be protective against cancer.

- Tomatoes
- Red capsicum
- Red onion
- Red skinned potato
- Red cabbage etc

**White/Brown vegetables:** not as colourful as other vegetables but are still important to include in our diets.

- Cauliflower
- Brown onions
- Garlic
- Potato
- Mushrooms

# Tip sheet info: Veg All Day



**Yellow/Orange vegetables:** high in antioxidants (carotenoids), vitamin C and flavonoids which help maintain a healthy heart and eyes.

- Sweetcorn
- Pumpkin
- Carrots
- Yellow capsicum etc

**Purple vegetables:** Like red vegetables due to the antioxidant anthocyanin and mild anti-bacterial properties.

- Eggplant
- Beetroot
- Purple skinned potato
- Red cabbage

Vegetables don't have to be only consumed at dinner; here are some ways you can include more vegetables throughout the day:

- Enjoy tomatoes or avocado on toast for breakfast
- Cook onions, capsicum, spinach, mushroom, tomatoes etc. through scrambled eggs and omelets
- Fill quiches, frittatas and bacon and egg pies with veggies
- Add veggies to smoothies e.g. spinach, avocado
- Add grated or diced veggies into fritters or pikelets – see recipe below
- Snack on veggie sticks e.g. carrot, celery, capsicum and cucumber with low fat dips such as hummus, salsa or low-fat cottage cheese, see below for dip recipes
- Raw vegetables such as beans, peas and corn on the cob as well as bite sized pieces of cooked yams, pumpkin and potato are great for children to snack on
- Homemade oven-baked wedges using potato, kumara and carrot (leave skin on for added nutrition and texture)
- Baked potatoes filled with diced vegetables and cheese make a good lunch
- Keep cut up vegetables and keep them at eye level in the fridge so children can grab them as easy snacks
- Involving children in the shopping and getting them to select new vegetables is a good way to get them interested in vegetables

# Easy Veg Recipes



**Carrot Hummus** – place 2 carrots (peeled and grated), ¼ cup olive oil, 2 cups chickpeas (drained) 1 clove garlic and the juice of 1 lemon into a food processor and mix thoroughly. Makes approx. 2 cups of hummus

**Carrot Dip** <https://www.youtube.com/watch?v=fFUJXvUSQ8k>

**Guacamole** <https://www.youtube.com/watch?v=Jnx0e2jFgMA>

**Salsa Recipe** – mix 2-3 tomatoes and spring onion (both diced) into a bowl with ground black pepper to taste 1 Tbsp sweet chilli sauce. Makes approx. 1 cup of salsa

**Avocado smoothie** <https://www.youtube.com/watch?v=OX9AVshVp7o>

**Broccoli Bites** <https://www.youtube.com/watch?v=0G0zQ3hUpG4>

**Courgette Fritters** – mix 1 courgette (grated then squeezed to drain), 1 Tbsp finely chopped fresh ginger 1 carrot (grated), ½ cup flour, 1½ Tbsp cornflour, 1 egg (beaten) and Ground black pepper to taste in a bowl. Lightly oil a frying pan and drop heaped teaspoons of courgette mixture into the pan. Cook for about 2 minutes and then turn over and cook on other side until golden brown. Makes approx. 20 fritters

**Carrot Fritters** – in a bowl combine ¾ cup plain flour, 1tsp baking powder, 1 tin creamed corn, 1 large or 2 small eggs and salt and pepper to taste. Mix thoroughly. Heat 2 Tbsp oil (medium heat) and drop spoonful's of mixture into pan, cook until bubbles form or until golden then flip. These freeze well so can be put in the freezer, taken out in the morning and defrosted ready for a snack later in the day.