

Conserve Nutrients When You Cook

No matter how careful you are, cooking destroys some nutrients. You can conserve most of the vitamins and minerals if you follow these guidelines:

- Boil or steam vegetables whole or in large pieces
- Cook vegetables with peels on so fewer vitamins will be lost.
- Cook vegetables in as little water as possible. Use leftover vegetable cooking water in soup or stew.
- Cook foods for the shortest time possible and only until they are just done.
- Cover cooking pans to shorten cooking time.
- Cook foods just before serving. Don't leave vegetables standing in water before or after cooking.
- Stir-fry foods quickly to conserve vitamins. Deep-fat frying at high temperatures destroys many vitamins.

Care of Vegetables

- Rinse carefully under cold running water
- Peel vegetables with wax coating
- Trim away tops and outer leaves from celery, lettuces, cabbages, and other leafy vegetables
- Most vegetables can be stored for 3-5 days in the refrigerator

Versatile Vegetables



Snappy-textured, brightly colored vegetables are the food group that puts more zing into menus. Their interesting shapes, exciting flavors, wonderful aromas offer such variety that meals never need to be boring or ordinary.



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These recipes and more are available at:

<https://www.choosemyplate.gov/myplatekitchen/recipes>
& <https://spendsmart.extension.iastate.edu/recipes/>

Vegetables High in Vitamin A

Dark Green & Orange Vegetables

- Sweet Potatoes
- Pumpkin
- Carrots
- Greens
- Summer Squash



Vegetables High in Vitamin C

- Broccoli
- Yellow Bell Pepper
- Brussel Sprouts
- Kale
- Cabbage
- Potatoes (baked)



Vegetables High in Iron

- Spinach
- Legumes
- Asparagus
- Mushrooms
- Acorn Squash



Why Eat Vegetables?

For Vitamin A

- Keeps eyes healthy and skin smooth
- Eyes get used to dim light
- Prevents night blindness
- Helps in developing bones and teeth

For Vitamin C

- Keeps gums and blood vessels health
- Sharpens body immune system
- Resisting infections

For Iron

- Makes red blood which creates energy (relieves “tired blood”)

For Fiber

- Prevents constipation

For Carbohydrates

- Supplies energy
- Aids proteins for body building and repair

Weight Control Tip

Vegetables are low in fat, thus good for low fat diets! To keep calories low, use herbs instead of butter or sauces.

