

NEAT Fact Sheet

"Dark Green and Orange Veggies"

- Vegetables can be raw, cooked, fresh, frozen, canned, dried, whole, cut, mashed or served as juice.
- There are 5 vegetable sub-groups: dark green and orange, which we will focus on as well as starchy, dry beans and peas, and other vegetables.

Sub-Groups	Foods
Dark Green	 Broccoli, collard greens, kale, bok choy, mustard greens, romaine lettuce, spinach, turnip greens, watercress
Orange	 Acorn squash, butternut squash, carrots, hubbard squash, pumpkin, sweet potatoes

- **Dark green vegetables**
 - Good sources of minerals such as iron, calcium, potassium, and magnesium.
 - Good sources of vitamins K, C, E, and B vitamins as well as phytonutrients like beta-carotene, lutein, and zeaxanthin, which protect our eyes.
 - Some research suggests they may protect against certain cancers such as breast, lung, and skin.
 - Should try to eat a half-cup serving every day
- **Orange vegetables**
 - Good sources of antioxidants such as:
 - Beta-carotene- important for eye and skin health
 - Vitamin A- important for night vision and immune system
 - Vitamin C- important for immune system and protects against cardiovascular disease
- Vegetable servings are measured in cups. 1 Cup of vegetables include:
 - 1 cup raw or cooked vegetables or vegetable juice
 - 2 cups raw leafy greens
 - Recommended number of servings depends on age, sex, and physical activity level



Include green and orange vegetables in your diet

