INCREASE YOUR VEGGIES

Habit Cheat Sheet

@healthbyscience

What is a Portion of Vegetables?

Vegetables are edible plants that come in a variety of shapes, sizes, and colours. They are an important part of a healthy diet, providing essential vitamins, minerals, and fibre.

A portion of vegetables is generally considered to be one cup of raw leafy greens (30 grams), one-half cup of cooked vegetables (150g), or one medium-sized vegetable (e.g. carrot, pepper or tomato). Another way to estimate a portion of vegetables is to use the size of your fist, which is roughly equivalent to one cup.

Non-starchy vegetables should be prioritized in our diets, as they are typically low in calories and high in nutrients such as vitamins, minerals, and fibre. Examples of non-starchy vegetables include leafy greens, broccoli, cauliflower, cucumber, courgette, spinach, peppers, tomatoes, and mushrooms.

Why are Vegetables so Important?

Eating vegetables is crucial for losing weight and improving health and fitness because they are low in calories and high in fibre, which helps us feel fuller for longer periods of time.

Additionally, vegetables are loaded with vitamins and minerals that our bodies need to stay healthy and energized, making them an important part of any fitness plan.

As we age, vegetables also help to maintain a healthy weight and prevent age-related illnesses by providing essential antioxidants and other nutrients that keep our cells functioning properly.

INCREASE YOUR VEGGIES HABIT IDEAS

TRACK YOUR VEGGIES

ADD MORE VEGGIES TO YOUR LUNCH AND DINNER.

SNACK ON VEGETABLES

REPLACE GRAINS WITH GREENS

PUT DELICIOUS SEASONINGS ON YOUR VEGETABLES

USE GOUSTO OR HELLO FRESH MEALS WITH AT LEAST TWO VEGETABLES

STOCK UP ON FROZEN VEGETABLES AND ROAST THEM

PLAN AND PREPARE VEGGIE-PACKED MEALS

MAKE VEGGIE-BASED SOUPS

ADD VEGGIES TO SMOOTHIES

COOK A VEGGIE OMELETTE

ADD VEGGIES TO SAUCES

ADD VEGGIES TO CASSEROLES

SIGN UP FOR A VEG BOX

BUY FOODS YOU'VE NEVER HEARD OF

EXPERIMENT WITH VEGGIE NOODLES

TRY A LETTUCE WRAP OR VEGGIE BUN

MAKE CAULIFLOWER RICE

Track your veggies

Tracking your vegetable intake offers multiple benefits for improving your diet. Firstly, by quantifying your veggie intake, it provides a clear visual representation of how much you're consuming daily.

This can be particularly helpful in identifying patterns in your daily intake and areas where you might need to add more vegetables to your diet.

Additionally, tracking your veggie intake can help build awareness of the nutrients you're getting and the ones you're missing, empowering you to make more informed food choices.

Click here to download a food diary to track your vegetables.

Add more veggies to your meals.

Start by adding more veggies to your meals. For instance, you can chop up some fresh tomatoes, onions or peppers and add them to your morning scrambled eggs or omelettes to make them more flavorful and nutritious. Alternatively, you could include some spinach or lettuce in your sandwich for a refreshing crunch and added vitamins.

Another great idea is to accompany your dinner with a side salad or vegetable soup to increase your vegetable intake and help fill you up. These small changes can go a long way towards improving your overall health and wellbeing.

Click here for our easy veg side dishes infographic.

Snack on vegetables.

Consume a snack that contains at least 1 portion of vegetables. Try adding carrot sticks, celery sticks, and cucumber slices to hummus, low-fat spreadable cheese, cottage cheese or guacamole dip.

See Eat Lean spreadable cheese here for example.

Replace Grains With Greens

There's nothing "bad" about grains but if you are overweight then you may be eating too much of them because they are so damn convenient.

And telling yourself not to eat something is about as effective as me telling you not to think of a pink elephant right now. See?

So instead of just trying to force a negative habit on yourself, turn that trigger (eating grains) into a trigger to kick-start the new habit (eating greens).

Put Delicious Seasonings On Healthy Food

It can make all the difference between thinking, "OMG delicious Kale!" and "OMG I have to eat Kale." Make it easy on yourself at every possible opportunity. Get spice mixes and sauces and buy pre-made sauces like hollandaise and salad dressings.

Use Gousto or Hello Fresh Meals with at least two Vegetables

Gousto and HelloFresh are both excellent meal delivery services that offer a range of vegetable-loaded meals, making it much easier to incorporate more veggies into your diet. Not only do they offer recipes that contain at least two portions of veggies, but they're also incredibly tasty and nutritious.

One of the best aspects of these meal delivery services is that they provide just the right amount of vegetables you need, so you don't have to worry about any going to waste.

With Gousto or HelloFresh, you can easily achieve a healthier, more balanced diet while enjoying delicious meals.

Stock Up On Frozen Vegetables and Use them in Roasted Veg Recipes

If you're looking for an easy way to boost your veg intake, frozen vegetables are the way to go. Not only are they convenient and versatile, but they're also often more affordable than fresh produce.

Plus, you don't have to worry about them going bad before you have a chance to use them. Frozen veggies are a great way to add nutrition and variety to your diet.

So next time you're at the grocery store, don't hesitate to stock up on some frozen peas, carrots, and spinach. Your body and waistline will thank you for it.

Click here for some roasted veg recipes.

Plan And Prepare Veggie-Packed Meals

Cooking at home gives you the opportunity to control both what goes into your food and how it's prepared.

That means you can choose nutrient-rich ingredients and cook them in a way that maximizes their taste. If you're looking to increase your veg intake, then planning and preparing veggie-packed meals is a great place to start.

Click here for a few recipes to get you started.

Make Veggie-Based Soup

If you're looking to add more veggies to your diet, one delicious way to do so is by making soup!

Soup is a great way to sneak in extra vegetables, and it can be easily tailored to your taste. Simply start with a veggie-based broth, and then add in your favourite vegetables.

For a heartier soup, you can also add some tofu or beans. And don't forget the toppings!

A sprinkle of shredded cheese or a dollop of sour cream can really take your soup up a notch. So next time you're looking for a tasty way to increase your veg intake, give soup a try!

Click here to see 72 healthy soup recipes!

Add Veggies To Smoothies

If you're like most people, you probably don't get enough vegetables in your diet. But that doesn't mean you have to force yourself to eat a salad for every meal. One easy way to increase your veg intake is by adding them to your smoothies. Not only does this up the nutrient content of your drink, but it can also add some interesting flavors and textures.

For example, try blending spinach or kale into your next fruit smoothie. You won't even taste the greens, but you'll be getting a healthy dose of vitamins and minerals. And if you're feeling adventurous, you can even add some chopped-up veggies to your next chocolate or peanut butter smoothie. Trust us, it's delicious! So next time you're looking for an easy way to get more vegetables into your diet, consider adding them to your smoothies. It's a quick and delicious way to boost your nutrient intake.

Click here to download our Smoothie Builder.

Cook A Veggie Omelette

Packed with nutritious veggies like mushrooms, onions, and peppers, the veggie omelette is a great way to start your day.

Plus, it's easy to make and can be tailored to your own personal preferences. So why not give it a try? You might just find that you're a fan of the veggie omelette after all.

Add Veggies To Sauces

If you're looking for a sneaky way to get more veggies into your diet, why not try adding them to your sauces? You can puree almost any vegetable into a sauce, and chances are, you won't even be able to taste it. This is a great way to increase your intake of vitamins and minerals without having to eat a lot of boring, steamed vegetables.

Plus, it's a great way to use up any extra veggies that you have in your fridge. So next time you're making pasta sauce or pizza sauce, consider adding some extra veggies into the mix. Your body will thank you for it!

Click here to see an example.

Add Veggies To Casseroules

Just about any vegetable can be added to a casserole, so it's a great way to use up whatever you have on hand. Not sure how to get started?

Here are a few ideas to get you started. Peas and carrots are a classic combination that works well in just about any casserole.

Or check out the frozen section in the supermarket for a casserole veggies pack. For something a little heartier, try adding chopped kale or Brussels sprouts. Or, for a touch of sweetness, add roasted sweet potatoes or winter squash. The possibilities are endless, so get creative and have fun experimenting with different veg-filled casseroles. Your taste buds (and your waistline) will thank you.
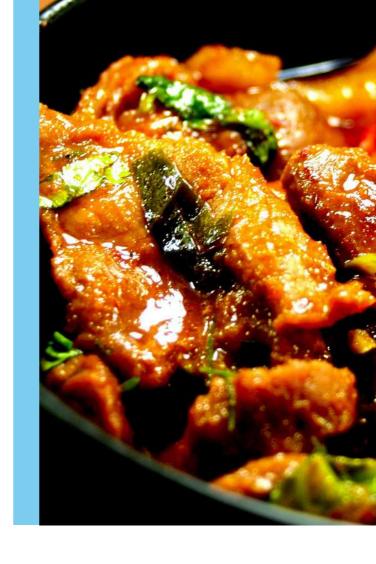

Sign Up For A Veg Box

It's like doing the above trick, except nice people bring the fruits and veggies to your front door!

Click here to check out East Coast Organics.

Click here to check out Odd Box.

Buy Foods You've Never Heard Of

And then google how to eat them!

Experiment With Veggie Noodles

If you're looking for a way to sneak more vegetables into your diet, veggie noodles are a great option. Courgette spaghetti, also known as Courgethetti, is a popular choice, but you can also experiment with other types of veggies, such as carrots, sweet potatoes, or beetroot.

Not only is veggie spaghetti a healthier alternative to traditional pasta, but they're also more versatile. You can enjoy them raw or cooked, in a soup or stir-fry, or even as a replacement for mashed potatoes.

So if you're looking for a new way to get your daily dose of veggies, give veggie spaghetti a try.

Click here to see how to make Courgethetti.

Try A Lettuce Wrap or Veggie Bun

Lettuce wraps are a great alternative to tortillas or bread, and they can be filled with all sorts of healthy ingredients.

They can be filled with things like grilled chicken, tofu, or other protein. And they're also perfect for those who are looking for a meat-free meal.

So next time you're feeling like you need to boost your vegetable intake, consider ditching the bread and give a lettuce wrap a try.

Click here for some lettuce wraps recipes.

Make Cauliflower Rice

Cauliflower is a versatile veggie that can be used in all sorts of dishes, from fried rice to pizza crust. And because it's mild in flavour, it's a great way to get picky eaters to eat their vegetables.

Making cauliflower rice is easy: simply chop up a head of cauliflower into small pieces and pulse in a food processor until it resembles rice.

Then, cook it in a pan with a bit of oil until it's tender. You can eat it as is, or use it as a base for your favourite recipes. So next time you're looking to increase your veg intake, give cauliflower rice a try.

WHY SHOULD I INCREASE THE PORTIONS OF VEGETABLES IN MY DIET?

Vegetables are high in vitamins, minerals, and fiber, and low in carbs and calories, which makes them an essential component of any healthy diet. By adding more vegetables to your diet, you can improve your digestion, lower inflammation, and prevent chronic diseases such as heart disease and cancer.

HOW CAN I INCREASE THE PORTIONS OF VEGETABLES IN MY DIET?

One way to increase the portion of vegetables in your diet is by adding them to your meals in various ways, such as adding chopped veggies to omelets, salads, or soups. You can also try replacing some of your carbohydrates with veggies by swapping rice or pasta with cauliflower rice, spiralized zucchini noodles, or roasted sweet potatoes. Another idea is to include vegetable-based snacks like carrot sticks, celery, or cherry tomatoes into your meal plan.

I DON'T LIKE THE TASTE OF MANY VEGETABLES. WHAT CAN I DO?

If you don't like the taste of many vegetables, try exploring different ways of preparing them. For instance, you can try sautéing them in some olive oil and garlic, or roasting them with some herbs and spices. You can also try adding fresh herbs or a squeeze of lemon or lime to enhance the taste of your vegetables.

HOW MUCH VEGETABLES SHOULD I EAT EACH DAY?

According to the USDA, adults should aim for 2-3 cups of vegetables per day. However, this amount may vary depending on your age, weight, and activity level. To determine the right amount of vegetables for your needs, consult your doctor or a registered dietitian.

HOW CAN I MAKE SURE I'M GETTING ENOUGH VARIETY IN MY VEGETABLE INTAKE?

To ensure you're getting enough variety in your vegetable intake, try to include at least one serving of vegetables from each color group per day. For example, green vegetables like spinach or broccoli, orange vegetables like sweet potatoes or carrots, and red vegetables like bell peppers or tomatoes. You can also try new vegetables every week to add more variety to your diet.

DOES GARLIC AND GINGER COUNT AS A VEGETABLE?

While garlic and ginger are nutritious foods, they are not considered vegetables. Garlic and ginger belong to the Allium and Zingiberaceae families, respectively, and are categorized as herbs or spices. However, adding garlic and ginger to your meals can add great flavor and plenty of health benefits.

HOW TO SELECT YOUR HABIT

When choosing your new habit, ask yourself these three questions:

1. On a scale of 1-5 how MOTIVATED are you to achieve the habit?

2. On a scale of 1-5 how much ABILITY do you have to achieve the habit consistently?

If you're on the right side of the Action Line then ask yourself...

3. Do you have a PROMPT to remind you to complete your new habit?

This side of the line is where weight loss is likely to happen.

Motivation

5

High

3

Low

1

Action Line

Weight loss is not going to happen!

1

3

Hard to do

Easy to do

5

Ability

FREE COURSES

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Develop healthy habits that will sustain your weight loss over time.

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AGE WELL

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