



- Ideally 10 serving of vegetables per day
- Half of those servings should be greens
- About a cup of leafy greens should be in each person's meal
- Colorful examples are: carrots, celery, cauliflower, broccoli, beets, cucumber, bell pepper, tomatoes (though they are a fruit), etc
- Starchy vegetables such as potatoes, sweet potatoes, rices, beans, and squashes are important for staying healthy and lean but you have to earn them