



Super Six Ways to Eat More Veggies

If you struggle to fit in enough servings of veggies each day, I know exactly how it goes because this used to be a challenge for me too. Here are 6 different ways you can start enjoying more veggies in your diet.

1.

Soups - homemade –simple, quick and easy, and can be frozen

2.

Salads - dark leafy greens and 2-4 other veggies with protein & healthy fat is a great place to start

3.

Smoothies - add veggies to your smoothie – super quick and easy





4. **Side dishes** - with lunch and dinner (steamed, sautéed, roasted, raw)

5. **Snacks** - veggies and hummus for example

6. **Sandwiches** - add some greens, onions and other veggies to make your sandwiches more nutrient-dense; choose lettuce wraps for a grain free/gluten free option.

For me, the easiest ways are soups, salads and smoothies, but see what you like. Taste and texture is the name of the game. Don't think boring and bland; there are so many ways to add great flavors.

“Diets that are rich in vegetables and fruits are protective against many cancers. There is an enormous amount of work on this,” says Lee Wattenberg, a professor at the University of Minnesota who has been studying cancer prevention for 30 years. ***“Over the last decade a fairly large number of prevention compounds have been found in fruits and vegetables. When you look at the totality, it’s quite impressive.”***