REPLENISH
NOURISHING NEIGHBORS

CULINARY LEARN AND SHARE

Vegetables

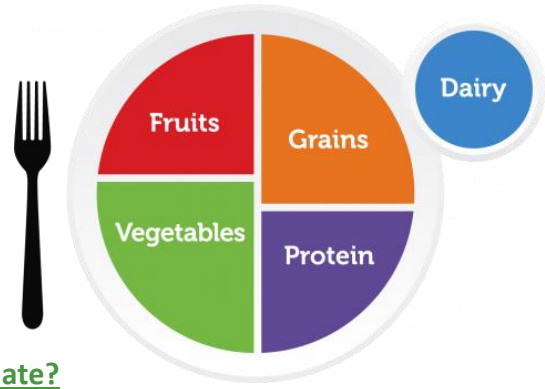
Below you can find some nutrition-based information about vegetables.

Different ways to see a cup of vegetables:

- 1 cup of raw or cooked vegetables
- 1 cup of vegetable juice
- 2 cups of raw leafy greens

Vegetables like sweet and white potatoes, spinach, and lentils are rich in potassium that helps maintain a healthy blood pressure.

Vegetables are a great source of dietary fiber, which helps reduce blood cholesterol levels, lowers the risk of heart disease and promotes healthy bowel function.



Source: USDA MyPlate What Is MyPlate?