

9-5-79 30M

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TEXAS AGRICULTURAL EXTENSION SERVICE • The Texas A&M University System

COUNT DOWN WITH VEGETABLES

Dear Homemaker:

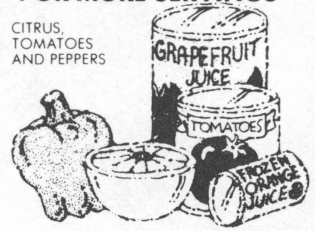
Choose 4 or more servings of low-calorie fruits and vegetables each day. A vitamin C-rich fruit such as orange, grapefruit or tomato is needed daily. A vitamin A-rich food such as carrots or leafy green vegetables is needed at least every other day.



Vegetable-Fruit Group

4 OR MORE SERVINGS

CITRUS, TOMATOES AND PEPPERS

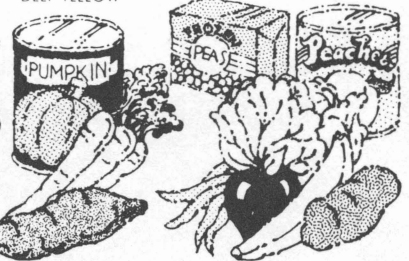


DEEP YELLOW



DARK GREEN

OTHERS



Lettuce, parsley and radishes do not have enough calories to count so they may be eaten as desired.

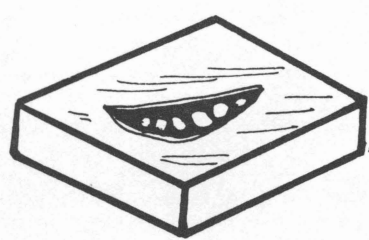
All other vegetables are low in calories except the starchy vegetables shown on the back of this page. A serving of the following low-calorie vegetables has about 25 calories without added fat or sugar. A serving is 1/2 cup cooked or 1 cup raw.

1 Serving = 25 Calories

- Asparagus
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery

- Cucumbers
- Eggplant
- Leafy Greens
- Okra
- Onions
- Rhubarb
- Rutabaga

- Sauerkraut
- String Beans, Green or Yellow
- Summer Squash
- Tomatoes/Tomato Juice
- Turnips
- Vegetable Juice Cocktail
- Zucchini



Sincerely,

Signature and Title

CALORIES IN STARCHY VEGETABLES

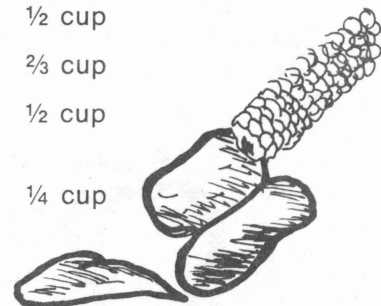
The following starchy vegetables, cooked without fat or sugar, have about 70 calories in the amounts listed. This is the same number of calories as in a serving of bread.

1 Serving = 70 Calories



<i>Starchy Vegetable</i>	<i>Amount</i>
Corn	1/3 cup
Corn on Cob	1 small
Lima Beans	1/2 cup
Parsnips	2/3 cup
Peas, Green (canned or frozen)	1/2 cup
Potatoes, White	1 small

<i>Starchy Vegetable</i>	<i>Amount</i>
Potato (mashed)	1/2 cup
Pumpkin	2/3 cup
Winter Squash, Acorn or Butternut	1/2 cup
Yam or Sweet Potato	1/4 cup



Season cooked vegetables with bouillon, lemon juice, vinegar, soy sauce or herbs and spices instead of fat.

Select a low-calorie salad dressing for a tossed green salad or for other vegetable salad.

Panned Vegetables

(Individual serving of 1/2 cup has 25 calories)

Scrub 1 pound of fresh vegetables such as carrots, broccoli, squash or other vegetables. If using young squash, do not pare or remove seeds. Cut into pieces. Season lightly with salt and pepper. Place in a heavy pan and cover with a tightly fitting lid. Simmer over very low heat until tender—about 20 minutes. Do not add any water or fat. Stir vegetables off bottom of pan occasionally. Makes 3 servings. Frozen or canned vegetables may also be cooked this way.

Prepared by Carol B. Suter, Extension foods and nutrition specialist—ENP-Adult, The Texas A&M University System.

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