What Foods are Included in This Group?

Any vegetable or 100% vegetable juice counts.

This includes: Canned, fresh, whole, sliced, dried, frozen and pureed.

How Many Vegetables Do I Need?

On average an older adult needs about 2 ½ - 3 ½ cups of vegetables daily.

Helpful Tips

1. Buy fresh vegetables in season. They cost less and are likely to be at their peak flavor.
2. Try 1 night out of the week to plan a meal around vegetables such as vegetable stir-fry or vegetable soup.
3. Include a vegetable at every meal. Salad is a perfect and easy way to get more of vegetable in your diet.

Source: Choosemyplate.gov
EXERCISE ACTIVITY

Wall Push-Up

These push-ups will strengthen your arms, shoulders, and chest. Try this exercise during a TV commercial break.

1. Face a wall, standing a little farther than arm’s length away, feet shoulder-width apart.
2. Lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart.
3. Slowly breathe in as you bend your elbows and lower your upper body toward the wall in a slow, controlled motion. Keep your feet flat on the floor.
4. Hold the position for 1 second.
5. Breathe out and slowly push yourself back until your arms are straight.
6. Repeat 10-15 times.
7. Rest; then repeat 10-15 more times.

RECIPE FOR THE MONTH

QUICK CHICKEN AND VEGETABLE SOUP

MAKES ABOUT 4 SERVINGS

Ingredients

- 1 onion, chopped
- 1 can (about 15 ounces) low-sodium chopped or crushed tomatoes with liquid
- 1 can (about 13 ounces) low-sodium chicken broth
- ½ cup chicken, cooked and chopped
- 1 can (about 15 ounces) low-sodium mixed vegetables with liquid
- ¼ teaspoon thyme, dried or ground (if you like)
- ⅛ teaspoon ground pepper

Directions

1. Use only cooked chicken (not raw) for this recipe.
2. Peel and chop the onion.
3. Put the tomatoes and broth in a pan. Cook on medium heat until they boil.
4. Add the onion. Turn the heat to low, and simmer for 5 minutes.
5. Add ground pepper, mixed vegetables, and chicken. If using thyme, add that in too. Cook for 2 minutes.

Nutrition Information for 1 serving (1 cup) of Quick Chicken and Vegetable Soup

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Calories</td>
<td>185</td>
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<tr>
<td>Calories from Fat</td>
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<tr>
<td>Total Fat</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
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<tr>
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Recipe adapted from Allrecipes.com.

Source: Choosemyplate.gov