



## What Foods are Included in This Group?

Any vegetable or 100% vegetable juice counts.

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



### What does a cup look like?



1/2 cup



1 cup

## How Many Vegetables Do I Need?

On average an older adult needs about 2 1/2 - 3 1/2 cups of vegetables daily.



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.

# 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

Calories	160	Cholesterol	15 mg	Sugar	7 g	Vitamin C	20 mg
Calories from Fat	20	Sodium	340 mg	Protein	13 g	Calcium	90 mg
Total Fat	2 g	Total Carbohydrate	26 g	Vitamin A	680 RAE	Iron	3 mg
Saturated Fat	0 g	Dietary Fiber	6 g				

Recipe adapted from Allrecipes.com.