

# Increasing Vegetable Intake



Factsheet for Persons Living with Dementia and Care Partners

In this factsheet, you will learn about:



Benefits



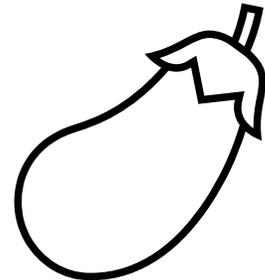
Storage Tips



Adding to Meals

## Key ideas:

- Cut up vegetables and store in a clear airtight container for easy eating at meals and snacks.
- Buy vegetables when they are in season.
- Explore the grocery store produce aisle and try new vegetables, especially seasonal vegetables.



- A wide variety of antioxidants, vitamins, and minerals can be found in vegetables. Antioxidants support overall health, including brain health.
- Fibre can reduce blood cholesterol and lower the risk of heart disease.
- Cruciferous vegetables such as broccoli, Brussels sprouts, and cauliflower are beneficial.
- While all vegetables are beneficial, leafy greens (e.g., spinach, kale) are especially beneficial.

Have vegetables at most meals and snacks. Include a variety to maximize nutrients.

## Adding vegetables to your meals

- Enjoy a green salad with dinner. Cut up lettuce, kale or spinach and add vegetables. These can be kept for up to two days in a sealed bowl in the fridge.
- Add shredded carrots, squash, or zucchini to meatloaf, casseroles, quick breads, and muffins.
- Top your pizza with mushrooms, green peppers, and onions.
- Thicken stews, soups, and gravies with pureed cooked vegetables, such as cauliflower or potato.
- Experiment with shredded or sliced vegetable noodles (e.g., zucchini lasagna, adding vegetables to smoothies).
- Swap tortillas with lettuce wraps.
- Add cauliflower or parsnips to mashed potatoes
- Snack on vegetables with hummus or dip
- Incorporated zucchini, peppers or carrot into pasta sauces or chili
- Try easy-to-prepare vegetables, such as frozen vegetables, pre-washed/pre-made salad mixes, canned vegetables, etc.

### How can I get started?

- Vegetables are hearty, easy, and add a pop of flavour.
- Parmesan, garlic, and a bit of olive oil work well with most vegetables.

### My notes, reflections, and goals:

---

---

---

---

---

---

---

