**Unlocking the power of vegetables**

It’s no secret: vegetables are full of nutrients. They give you a big dose of vitamins, minerals, fibre and phytonutrients, and keep your body working well and you feeling energised.

Here’s our list of which vegetables to pick and why:

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| **Vitamin**  | **Benefit**  | **Vegetables**  |
| Vitamin A  | Vision, growth, cell division, reproduction and immunity. | Bright orange vegetables such as butternut, squash, carrots, pumpkin and sweet potatoes. Leafy greens such as kale, lettuce and spinach. |
| Vitamin C  | Formation of blood vessels, cartilage, muscles and collagen in bones, as well your body’s healing ability. | Broccoli, Brussel sprouts, cabbage, peppers, tomatoes. |
| Potassium  | Helps nerves, muscles and your heart to function well, and also helps move nutrients and waste around your body's cells. | Potatoes, sweet potatoes and tomatoes. |
| Folate  | Important in red blood cell formation and for healthy cell growth and function. | Deep green leafy vegetables such as kale, mustard greens and spinach. Split peas and dried beans. |

But despite their multiple health benefits, many of us find it challenging to get enough vegetables into our day.

The good news is that vegetables are versatile and are great to snack on or add to any meal.

**Here are a few tips to add veggies into your day**

* Include vegetables at breakfast time – grilled tomato, spinach and mushrooms make great additions to eggs on toast.
* Add extra vegetables to sandwiches – lettuce, grated carrot, tomato, cucumber, beetroot and radish are all good options.
* Include fresh salads made from a variety of vegetables at lunch.
* Snack on chopped-up peppers, cherry tomatoes, celery, carrots and cucumber.
* Add extra vegetables to sauces, soups, casseroles and pastas.

Try one (or more) of these tips and unlock the power of veggies!