



Vegetables are nutrient dense – they provide a lot of nutrients for not a lot of calories. Because vegetables are low in calories, you don't have to worry about overeating them. Instead, the dilemma for many people is figuring out how to eat enough of them.

Eat your vegetables first to make sure you get them in before you feel too full. Strive to fill at least half your plate with colorful vegetables . Enjoy them raw, roasted, in smoothies, and steamed.



Eating meals that contain a combination of protein, fiber, healthy fats, and crunch can help you feel full and satisfied.