

The High Veggie Road

As you introduce more veggies into your diet, some may have difficulty with high volume but low calories. I encourage you to dress your veggies with healthy fats if you need help meeting those calorie needs. Think nuts in salads, olive oil on cooked veggies, and guacamole or hummus as dip for your raw veggies. If calories are not a problem for you and you are meeting your needs...then go your way!

Some have asked what veggies count. When I refer to vegetables I think of all except starchy vegetables. The starchy vegetables I am talking about are corn, peas and potatoes. Besides these, any other veggies count...asparagus, beets, carrots, squash, kale, spinach, zucchini, radishes, lettuce, tomatoes, mushrooms, the list goes on and on!

The more variety you add to your diet; the more nutritional benefit you get. When you hear "Eat the rainbow", we are not talking about Skittles!!! Vegetables, just like fruits, are powerful foods filled with many vitamins, minerals, and antioxidants. If you thought you were filling energized by eating enough protein and calories...just wait!