

# RED & ORANGE



Everything you need to know about MyPlate's veggie subgroup

## What's in the Red and Orange Veggie Subgroup?

According to MyPlate, the red and orange vegetable group is made up of...

- Acorn Squash
- Butternut Squash
- Carrots
- Hubbard Squash
- Pumpkin
- Red Peppers
- Sweet Potatoes
- Tomatoes

Carrots, tomatoes, and red peppers are all quite delicious when raw. Throw a few handfuls into your next salad for a serious nutrient boost!

Acorn, butternut, and hubbard squash, along with pumpkin and sweet potatoes, all benefit from a little cooking. So cube up a bunch of these veggies and roast them with some oil and spices for a simple and delicious way to round out any meal.

## Chock-Full of Nutrients:

Red and orange vegetables are loaded with nutrients to help you prevent chronic disease and maintain good health.

Every single red and orange vegetable featured by MyPlate contains potassium. Why is potassium important? Well, according to the Dietary Guidelines for Americans, "Dietary potassium can lower blood pressure by blunting the adverse effects of sodium on blood pressure. Other possible benefits of an eating pattern rich in potassium include a reduced risk of developing kidney stones and decreased bone loss."

These veggies are also good sources of vitamin A, which strengthens vision, and vitamin C, which promotes healing.

