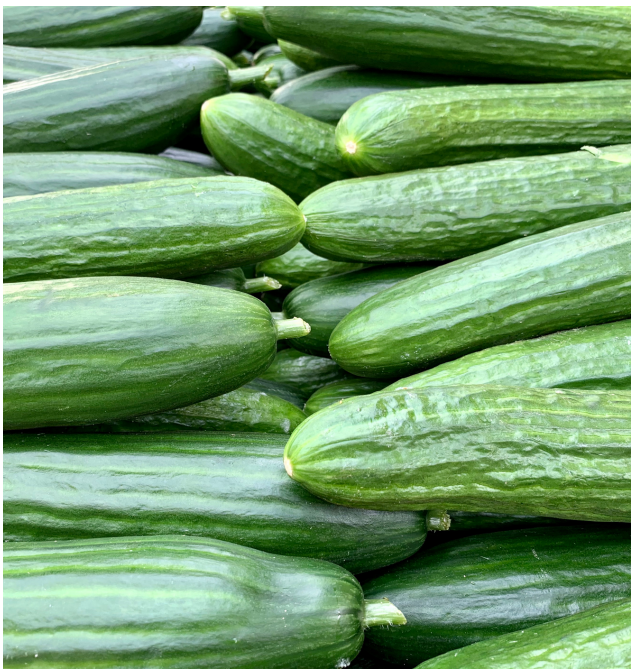


# **BENEFITS AND USE OF VEGETABLES**



# VEGETABLES CONTAIN:

HEALTHY CARBOHYDRATES

RIGHT AMOUNTS OF

PROTEIN

LOW/MINIMAL FAT/HEALTHY

FAT

LOTS OF VITAMINS

LOTS OF MINERALS

LOTS OF PHYTONUTRIENTS

LOTS OF FIBRE



Pyramid Wellness  
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# VEGETABLES BENEFIT:

CARDIOVASCULAR  
HEALTH

IMMUNE HEALTH

DIGESTIVE HEALTH

BRAIN HEALTH

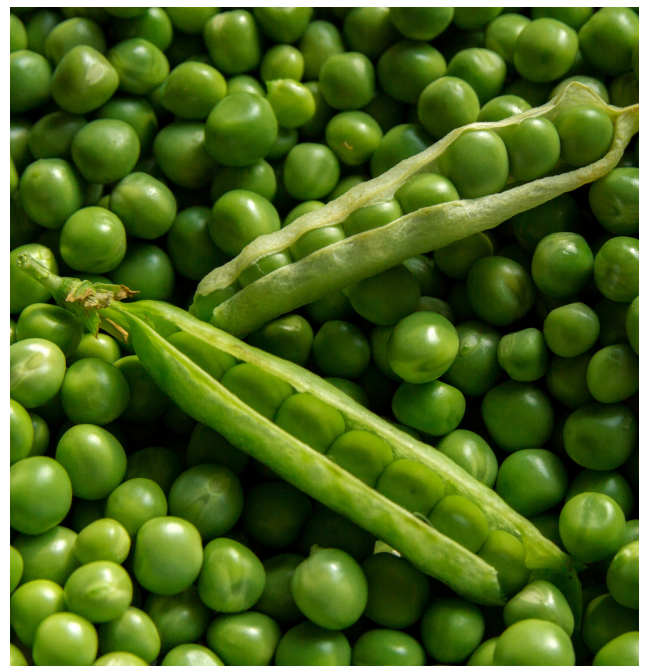
BONE HEALTH

EYES, SKIN, HAIR, NAILS

ENERGY LEVELS

WEIGHT

LONGEVITY



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# VEGETABLES PROTECT AGAINST:



CANCERS

TYPE 2 DIABETES

HEART DISEASE

HYPERTENSION

CHOLESTEROL

IMBALANCE

WEIGHT IMBALANCE

INFECTIONS

CATARACTS

OSTEOPOROSIS

# VEGETABLES SUPPORT OPTIMAL:

WEIGHT

BLOOD PRESSURE

CHOLESTEROL

IMMUNITY

MENTAL HEALTH

CELL, TISSUE, AND ORGAN

REGENERATION AND HEALING





# HOW TO OPTIMIZE THE BENEFITS OF VEGETABLES

Eat a wide variety of vegetables daily

Eat a large portion with at least 2 of your  
three meals

When meals may be low in vegetables or in  
addition to, use some vegetables as snacks

Consume vegetables in their raw, steamed,  
or gently cooked forms

Choose fresh, local, seasonal, and organic  
options whenever possible

Opt for frozen vegetables when seasonal is  
not possible

Avoid canned vegetables



# **CLEAN VEGETABLES LOW IN PESTICIDES**

Sweet Corn

Cabbage

Onion

Peas

Asparagus

Eggplant

Cauliflower

Broccoli



## **DIRTY VEGETABLES HIGH IN PESTICIDES**

Peppers

Celery

Spinach

Lettuces

Potatoes

Tomatoes

These vegetables should always be washed before eating them, and if you can, purchase organic when possible.

# QUESTIONS

Do you eat vegetables daily?

Do you like your vegetables raw or steamed,  
baked or broiled?

Will you add vegetables to your lunch and supper  
meals?

Will you eat vegetables for a snack?

Would you try a new vegetable and see if you like  
it?

# REFERENCES

Medical Medium by Anthony William

Jane Grigson' vegetable book by Jane Grigson