



**V** is for vegetables. Vegetables are eaten as part of a meal or as a snack. Fresh vegetables contain vitamins and minerals, are low in fat, and provide the fiber your body needs to stay healthy. Vegetables come in different forms. There are leafy kinds, like lettuce; those with stems, like asparagus; and others with roots, like carrots. There are also flower vegetables, like broccoli; fleshy, immature seeds, such as peas and beans; and botanical fruits, like cucumbers, squashes, pumpkins, and avocados. You should eat lots of vegetables each day.