Vegetable Substitutes

Vegetables are an important part of every diet, as they offer many benefits. Fiber, which is found in vegetables helps you to regulate your digestive tract, and can help with constipation. There are many different nutrients in vegetables including Vitamins A, C, E, K, and the B vitamins. These can help with disease prevention, increased energy and healthier organs. Minerals found in different vegetables include iron, calcium, iodine, and magnesium, which can lead to healthier bones and muscles. Incorporating vegetables doesn't have to be hard, especially when using them as substitutions for other favorite foods.

TIP: The more colors on your plate, the higher the nutritional content. Adding a variety of veggies is an easy way to eat the rainbow.

Instead of..	Try..	How to Use
Noodles	Zucchini Carrots Sweet potatoes	Use a vegetable peeler to create pasta-like strings that can be sautéed and used as the base for your favorite pasta sauce or veggies scramble.
Tortilla Wrap	Romaine Lettuce Cabbage Kale	Instead of reaching for bread or tortillas, put sandwich or taco fixings into a lettuce shell.
Mashed Potatoes	Mashed cauliflower (or a blend with broccoli)	From mashed, to cheesy, to casseroles – any potato-based dish can use cauliflower instead.
Burgers	Portabello mushrooms Veggie burgers	Add your favorite burger toppings such as avocado or tomato to an alternative patty.
Chips/Crackers	Baby carrots Sliced bell peppers Cucumbers	Use a lower carb alternative to potato or tortilla chips or crackers with your favorite dip such as hummus, peanut butter, or guacamole.
Shells	Zucchini Bell peppers	Make lasagna, pizza, or tacos.

For more information, or to schedule an appointment with a dietitian please call 612-467-2004.