

## Dark green and orange veggies

Canada's Food Guide recommends eating 1 food guide serving of orange or dark green vegetables each day i.e. 125 ml of cooked and 250 ml of raw vegetables. Orange vegetables are rich in carotenoids. Dark green vegetables are nutrient powerhouses and both colours are very high in phytonutrients.

Below is a list of different orange and dark green vegetables to choose from when making your MOW meals depending on seasonal availability, your budget and client preferences of course.

### Orange vegetables

Butternut squash  
Carrots  
Pumpkin  
Sweet potatoes

### Dark green Veggies

Artichokes  
Arugula  
Asparagus  
Beet greens  
Broccoli  
Brussels sprouts  
Cabbage  
Chard  
Cilantro  
Collard greens  
Fiddleheads  
Green beans  
Green cabbage  
Kale and spinach  
Leafy dark greens  
Okra  
Parsley

Other coloured vegetables contain different phytonutrients and often the more colourful the vegetable the more phytonutrients such as anti-oxidants. These are not listed as essential nutrients and you won't find them on the label of products, but they can help the body stay healthy and fight infectious and chronic disease.

**Tip!**

If a particular vegetable comes in different colours, then choose the most colourful! For example, if you use potatoes, choose yellow, red or blue rather than white. When cooking with onions choose Spanish onions rather than white onion and the same goes for purple cabbage rather than white cabbage.