

Health Bites: Orange Vegetables

Video: [Health Bites: Let's Make Sweet Potato Fries](#)

Did you know reports show most Canadians, including Albertans, could use more vegetables and fruit in their day? Eating more vegetables can support your health and help lower the risk of chronic diseases. Try adding them to meals and snacks in new and creative ways.

Why orange vegetables?

Sweet potatoes, carrots, and other orange vegetables are packed with vitamin A, which supports vision and immunity, along with carotenoids that help protect against eye disease, heart disease, and some cancers.

Ways to add more vegetables

- Grate raw carrots into muffins, salads, sandwiches, or pasta.
- Add canned pumpkin to pancake or muffin mixes — check a recipe for best results.
- Snack on raw carrots or peppers, or pair them with hummus.
- Roast sweet potatoes, squash, or pumpkin for a side, salad topping, or soup ingredient.

Roasting tips

1. Wash, peel, and cut vegetables into similar-sized pieces.
2. Mix with a little oil, salt, and pepper.
3. Want more flavour? Try garlic, onion powder, turmeric, or cinnamon.
4. Roast at 400°F (200°C) until tender, 20–30 minutes.

Spend less money on vegetables

- Frozen and canned vegetables are just as nutritious as fresh and last longer.
- Keep it simple, be mindful of sauces that add extra fat, sugar, and salt.
- Stock up on root vegetables like sweet potatoes — they stay fresh longer.

Try adding a little colour to your plate today.

For recipes and meal ideas, visit ahs.ca/Recipes.



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