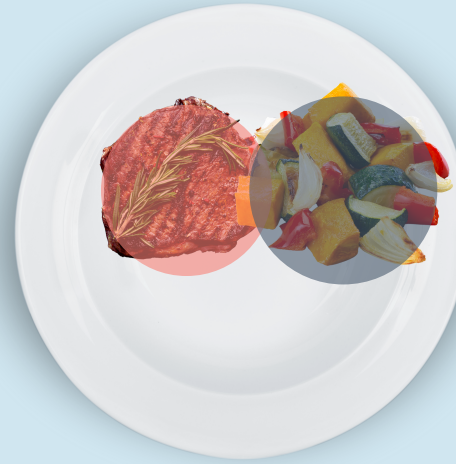
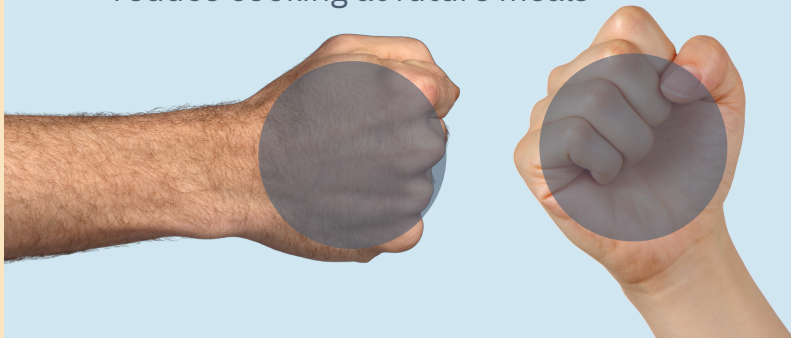


Veggies Hand Portion Guide

1 fist = 1 portion

- **General:** 1-2 fist/meal based on hunger
 - More is better and if still hungry after finishing a meal, add vegetables along with other seconds
- **Follow the 3 C's**
 - **Challenge** - try a new veggie and go for it!
 - **Complement** - pair it with spices, acid and salt
 - **Cushion** - consider sweet/fat to blunt the bitter
- **Can't Drink All Day Unless You Start In The Morning**
 - **Breakfast** - greens/avocado/fruit smoothies; berries/flax/chia in cottage cheese, oatmeal and yogurt
 - **Lunch** - top a loaded salad with protein; add all free veggies at dine-in spots; pack leftovers
 - **Dinner** - add a salad; make extra portions of 2 veggies to reduce cooking at future meals



Best & Worst Pesticide Contamination

- **Clean 15:** Avocado, Sweet Corn, Pineapple, Onion, Papaya, Sweet Peas, Asparagus, Honeydew, Kiwi, Cabbage, Mushrooms, Mango, Sweet Potato, Watermelon, Carrots
- **Middle:** Cauliflower, Bananas, Cantaloupe, Orange, Snap Peas, Grapefruit, Raspberries, Eggplant, Plum, Summer Squash, Broccoli, Cucumber, Tangerine, Lettuce, Cherry Tomatoes, Potato, Celery, Winter Squash, Tomatoes
- **Dirty Dozen:** Strawberries, Spinach, Kale/Collard/Mustard Greens, Peaches, Pears, Nectarines, Apples, Grapes, Bell Peppers, Cherries, Blueberries, Green Beans