



April 5, 2010 – Grand Rapids, MI

Veggies 101

After Saturday's message on the Vitamin Scam, I thought it was time to add to our repertoire of how to get to and maintain a healthy weight; I think it's time to talk about (DUH, duh, duhhhhhhhhh...) vegetables.

I get so many complaints about spouses, especially men, who aren't willing to eat vegetables. They may choke down some peas or corn, potatoes are good, but that's about it. I wonder why that is. The texture of some vegetables? Maybe. Paula's not a fan of lima beans for that reason. Taste? Every vegetable is really an acquired taste. It took me 50 years to learn to like avocados—they're technically a fruit, as are tomatoes, but they're used like vegetables—but now they're a favorite.

I think people stop trying vegetables as they age; that's one reason the average adult eats two servings of vegetables per day when we really need four to six servings. Together with two to four servings of fruit, that gives us the eight to ten servings of vegetables and fruit we need to reduce our risk of cancer, heart disease, and diabetes.

It's time to change that. Stop acting like an old coot and start being more adventurous—try some new veggies. Don't whine. Don't complain. Just find a way to do it.

More on vegetables Wednesday.

What are you prepared to do today?

Dr. Chet

WGVU FM 88.5/95.3 **npr** ***Straight Talk on Health***

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