**Easy Ways to Sneak More Veggies Into Your Diet**

March is National Nutrition Month! One of the easiest ways to celebrate is by adding more vegetables to your diet. Veggies are very underrated when it comes to their health benefits. By simply eating more veggies on a daily basis, you can improve your diet, [eating habits](http://info.totalwellnesshealth.com/blog/7-healthy-eating-habits-that-will-change-the-way-you-eat), and overall health.

Veggies are loaded with powerful nutrients. They are high in fiber, antioxidants, and other essential nutrients, while also being low in sugar and calories. Veggies are also very satiating, so they’ll keep you a lot fuller than fake food will. Some of the most important health benefits of eating more vegetables include:

* Better [gut health](http://info.totalwellnesshealth.com/blog/heres-why-you-need-to-stop-neglecting-your-gut-health)
* Reduced risk of chronic diseases (like diabetes, obesity, and [heart disease](http://info.totalwellnesshealth.com/blog/could-your-employees-be-at-risk-for-heart-disease))
* Healthy skin
* Weight management
* Mood-boosting
* Improved [immune system](http://info.totalwellnesshealth.com/blog/easy-natural-ways-to-boost-your-immune-system)

Unfortunately, many Americans don’t take advantage of the amazing health benefits vegetables have to offer. In fact, according to the Harvard School of Public Health, the average American only consumes a total of three combined servings of fruits and vegetables daily. This is concerning because it’s recommended that adults eat between 5 to 13 servings of fruits and vegetables each day – depending on age, gender, physical activity levels, and overall health. You can use this [Vegetable Chart](https://www.choosemyplate.gov/vegetables) to find the right amount for you.

We don’t expect you to only eat vegetables all day long – that wouldn’t be a balanced diet! But it is important to try and increase the amount of veggies you eat on a daily basis. To help you out, we put together a list of easy ways to sneak more veggies into your diet (even if you don’t like veggies!). Try out some of the following tips:

**Add spinach.** This dark leafy green is full of health-boosting properties and can be easily added to a variety of meals. Try adding a handful of spinach to your morning smoothie (you won’t even be able to taste it!), or top off your sandwiches with spinach. Adding spinach to your diet can help improve eyesight, maintain blood pressure, and reduce inflammation.

**Replace carbs.** There are many carb-heavy meals and sides that can easily be replaced with veggies. Cauliflower rice, zucchini noodles, and cauliflower “mashed potatoes” are all delicious, healthy substitutes for your favorite carbs. If you’re a fan of sandwiches, wraps, or burgers, you’ll also love lettuce wraps! Swap out bread or tortillas by wrapping your favorite protein and fillings in lettuce leaves. By replacing some of these carbs with veggies, you’ll consume fewer calories and more health-boosting nutrients.

**Make savory oatmeal.** Oatmeal makes for an easy breakfast or snack. But instead of loading up your oatmeal with sweet toppings, pack it full of nutritious veggies! Cook plain oats with water and add in your favorite sautéed or steamed veggies, like broccoli, peppers, or onions. You can even top it with an egg for extra nutrients and protein!

**Top off your proteins.** Rather than loading up your chicken, steak, or salmon with fatty sauces, try topping off your protein dishes with sautéed veggies. Sautéing veggies like tomatoes, onions, and squash only takes a few minutes and adds a lot of nutrients and flavors to your meal. It’ll also help keep you more full – without adding excessive amounts of calories.

**Reinvent the chip.** Although they might make an easy snack, most potato chips are full of unhealthy amounts of fat, sodium, and artificial ingredients – with little to no nutritional value. Replace traditional chips with “veggie chips” for an extra serving of vegetables. Veggie chips are extremely easy to make at home and only require a few ingredients – usually just a vegetable, olive oil, and some seasoning. Try out this super easy [recipe](https://www.allrecipes.com/recipe/237888/baked-zucchini-chips/) to make some delicious zucchini chips!

**Try a new veggie each week.** If you don’t like veggies, it might be because you haven’t tried enough of them! There are a variety of delicious vegetables that make great meals, sides, and snacks. Make it a goal to try at least one new veggie each week. This will help you eat more vegetables and find new favorites.

**Add salsa.** Salsa is a delicious way to add some veggies to meals or snacks. Top off your scrambled eggs, baked potato, or protein dish with a healthy dose of salsa. Salsa provides a good amount of protein and is usually low in calories.

**Go meatless for a day.** Going a day without meat will naturally force you to eat more veggies. Choose one day a week to go meatless, and make vegetables the focal point of each meal.

Eating more vegetables is a simple and delicious way to improve your diet and overall health. Veggies help reduce the risk of chronic illness and give you the energy you need to feel good all day long. Start sneaking in more veggies into your diet with the easy tips above!