

Get the vitamins and minerals you need from fruits and vegetables!!

## Cooking Fruits and Vegetables

**Get the most out of your vegetables:**

- Don't overcook your vegetables.
- Cooking vegetables too long can drain their nutrients.
- Many vegetables are best eaten raw.
- Only add enough water to prevent scorching.
- Cook vegetables so that they will retain their crispness and flavor.
- Steaming or stir-frying are the best ways to cook vegetables.



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Pub. 2977 (20M) 08/07

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment. This institution is an equal opportunity provider.

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