

Fact Sheet

- Vegetables are organized into 5 subgroups, based on their nutrient content.
- Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group.
- Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Dark Green

Bok Choy
Broccoli
Collard Greens
Dark Green Leafy Lettuce
Kale
Mesclun
Mustard Green
Romaine
Spinach
Turnip Greens
Watercress

Red/Orange

Acorn Squash
Butternut Squash
Carrots
Hubbard Squash
Pumpkin
Red Peppers
Sweet Potatoes
Tomato
Tomato Juice

Beans/Peas (Legumes)

Black Beans
Black-eyed Peas (mature, dry)
Garbanzo Beans (chickpeas)
Kidney Beans
Lentils

Starchy Vegetables

Cassava
Corn
Fresh Cow Peas, Field Peas or
Black eyed Peas (*Not Dry*)
Green Banana
Green Peas
Green Lima Beans
Plantains
Taro
Water Chestnuts
White Potatoes

Other Vegetables

Artichokes
Asparagus
Avocado
Bean Sprouts
Beets
Brussels sprouts
Cabbage
Cauliflower
Celery
Cucumbers
Eggplant
Green Beans
Green Peppers
Iceberg Lettuce
Mushrooms
Okra
Onions
Parsnips
Turnips
Wax Beans
Zucchini

Navy Beans
Pinto Beans
Soy Beans
Split Peas
White Beans