Vegetable Subgroups

**Dark Green Vegetables**
- Bok choy
- Broccoli
- Collard greens
- Dark green leafy lettuce
- Kale
- Mesclun (assorted baby salad greens)
- Mustard greens
- Romaine lettuce
- Spinach
- Swiss chard
- Turnip greens
- Watercress

**Starchy Vegetables**
- Corn
- Green peas
- Green lima beans
- Jicama
- Parsnips
- Potatoes
- Water chestnuts

**Beans and Peas (Legumes)**
- Black beans (turtle beans)
- Black-eyed peas (mature, dry)
- Cannellini beans (white kidney beans)
- Canned bean dishes (baked beans, refried beans)
- Edamame
- Garbanzo beans (chickpeas)
- Great northern beans
- Kidney beans
- Lentils
- Lima beans
- Navy beans
- Pinto beans
- Red beans
- Soybeans (mature, dry)
- Split peas (green and yellow)

**Red and Orange Vegetables**
- Carrots
- Peppers (red and orange)
- Pumpkin
- Squash (acorn, butternut, Hubbard, spaghetti, winter)
- Sweet potatoes
- Tomatoes
- Tomato juice

**Other Vegetables**
(Includes all subgroups – except starchy)
- Artichokes
- Asparagus
- Avocado
- Beans, green and wax
- Beets
- Brussels sprouts
- Cabbage
- Carrots, rainbow (all colors but orange)
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Iceberg lettuce
- Mushrooms
- Onions
- Peppers, green and yellow
- Pickles
- Radishes
- Sauerkraut
- Sugar snap and snow peas
- Summer squash
- Turnips
- Zucchini squash

The **Additional Vegetables** category includes all vegetable subgroups.

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