

Vegetable Subgroups



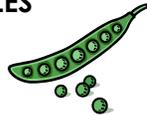
DARK GREEN VEGETABLES

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.